

I LIVING LAB 2023

Mental Health & Seniors

E-portofolio

by

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Who I Am

I am Elsie Mbeng ,Cameroonian studying in Belgium. I am 23years old and a student of UC-Leuven Limburg, studying Business Management -Marketing . I registered for the I Living Lab because I want to participate and gain more knowledge about the topics which are been analyzed in the course . I believe this will enhance my knowledge . I am also excited to research more on the chosen topic for this course about mental health and seniors . My goal is to work in the business sector especially in the domain of marketing I want work in the field of digital marketing as the world has become more digital. What motivates me is my parents and my grandma , I want to study get a good job so that I can be able to provide them a good life.

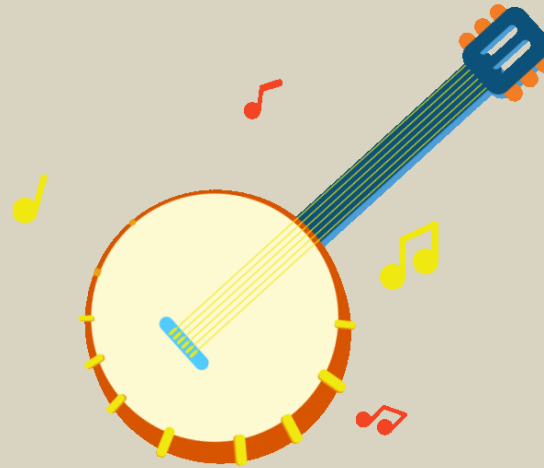


Hobbies and What I enjoy doing



COOKING

I live with my grandmother and she loves to cook. We cook together all the time and it is the best thing we do together. We bond more while cooking and telling stories.



SINGING

I started singing while in Elementary school. I was in the school choir and since then I have developed a love for singing.



HIKING

While in Cameroon I used to hike because we have tall hills and also a Mountain called the Mount Fako. I haven't been able to hike a lot since I relocated to Belgium.

Future Skills I Wish to improve on by the end of ILL

Communication Competence

I want to improve my communication skills with others by the end of this I Living lab. We Face difficulty in communicating since we are not native speakers of English. Hopefully by the end of the program we can communicate better .

Cooperation Competence

Team work is very much important for progress and for us to achieve a better ending . With my team member. So by the end of the ILL our team work will be much better and we can work smoothly to achieve our task

Digital Literacy

I choose this skill because as a future Marketer i will be working with websites and on-line digital tool. I wish to improve on this through the different assignments we will do throughout the course

Interview with Elderly person



For this assignment I interviewed my grand mother she is 74years old and lives in Belgium. I made a questionnaire and interviewed her . The questionnaire was aimed at getting insights about her fears in life and what she will want to improve on so that she continues to be happy and healthy. She lived in Cameroon all through her youthful years before relocating to Belgium.

Insights from the Interview

Open to technology

It will be of great importance if more innovations are made to care for old people she is open to new ways of treatment.

More advanced medical devices

When advanced medical treatments are done , sickness can easily be discovered and treated.

Use of Advanced treatments

The more innovations are been made, it will be easy to treat mental health diseases . new methods and ways to care for old people will be great.

My Empathy MAP

SAYS

She has no mental health issues but she tends to put people first and please them before herself. she puts the feeling of others first.

THINKS

she was very calm and explained in detail her feelings.

DOES

she maintain eye contact and said her ideas in a calm manner and serious face.

FEELS

she is relaxed and happy.



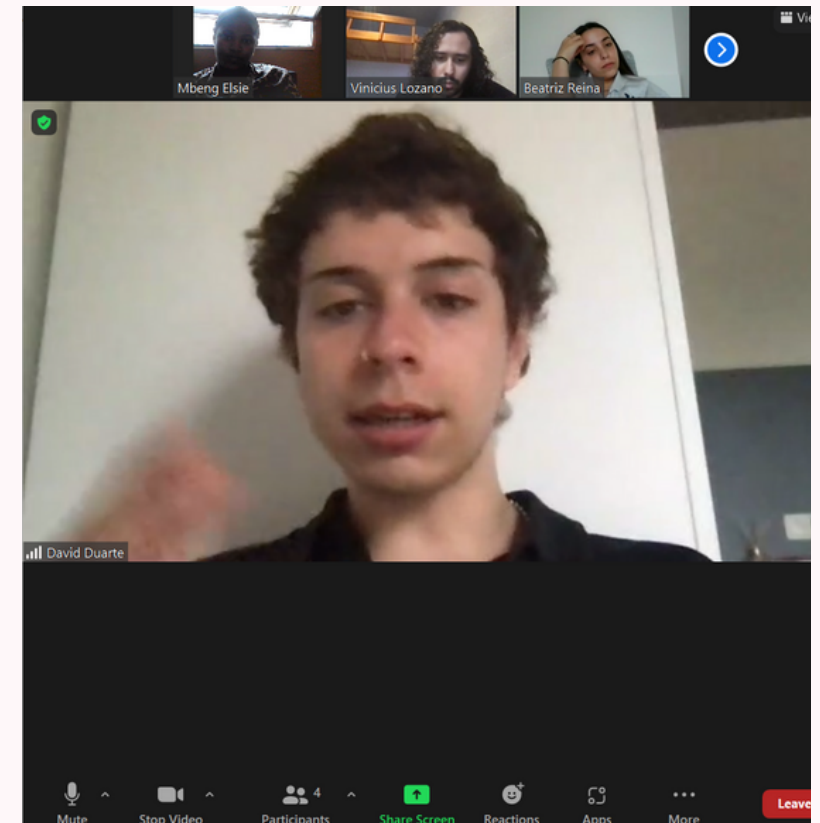
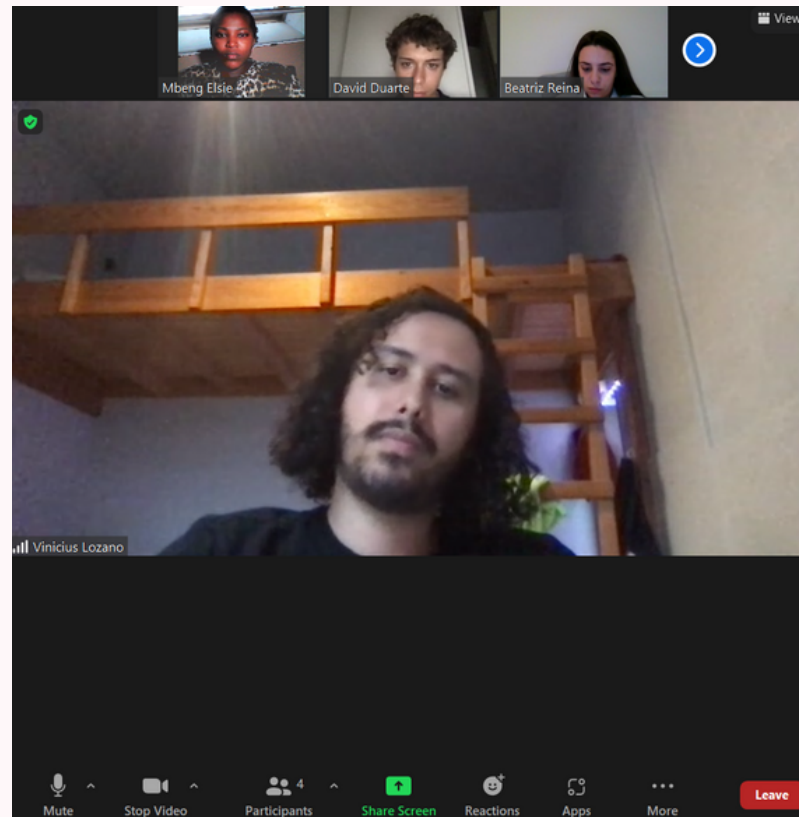
The Design Thinking Process.

Overall the team has been very calm and welcoming . We were able to work as a team and communicate well throughout the ideate phase . Everyone shared their idea in a calm manner with no conflict. To develop our ideas we went through different stages of designing thinking.

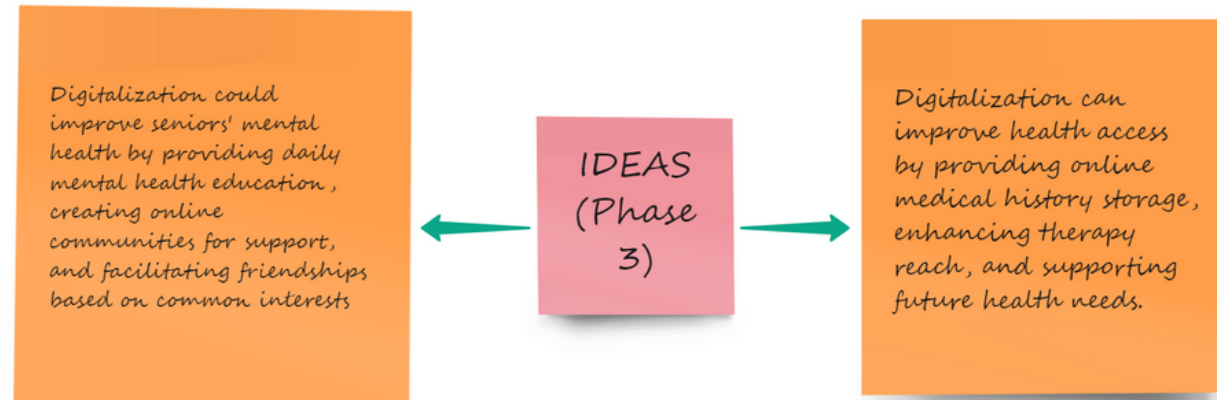
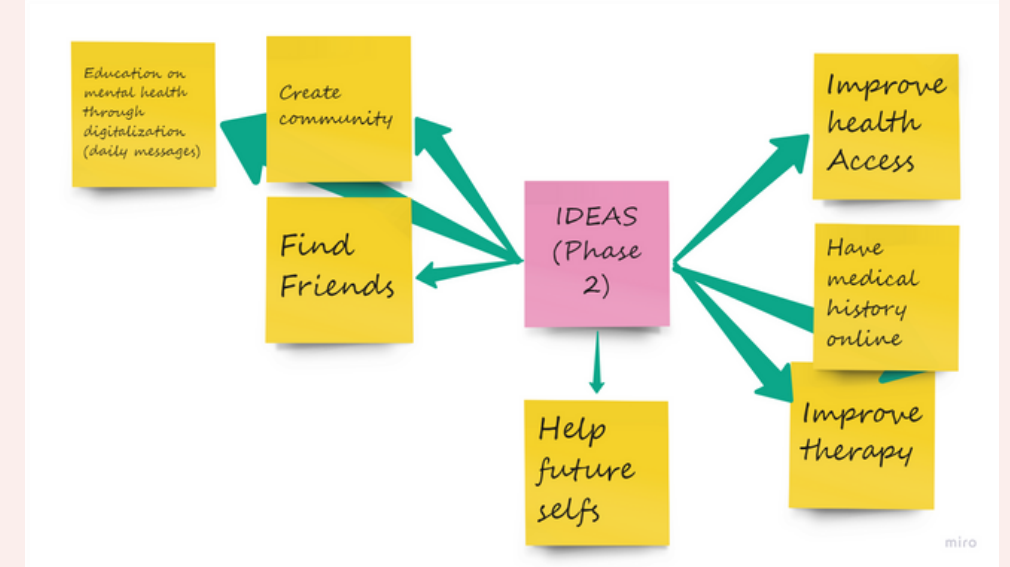


Zoom calls on ideate stage

To reach our final idea, we went through different stages to reach the final solution to our challenge. This was very interesting as the team collaborated well. Our challenge was how to improve health care access for old people through Digitalisation.

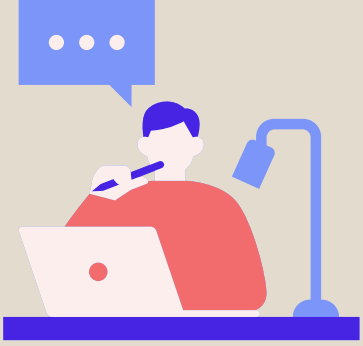


Different stages of ideate phase



Final Outcome of Ideate phase

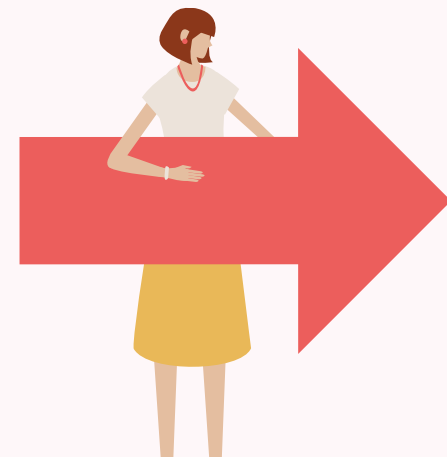
improve seniors' mental health and overall well-being through digitalization could involve combining daily mental health education with online medical history storage, improved access to therapy (online or in-person), and facilitated friendships based on common interests.





Prototype and final product

We created a website that will help the elderly people to easily connect with therapists we also want them to easily connect with friends and other elderly people just like them to share their experiences . With this website , the health and needs of the elderly will be attended too through this telehealth platform. Their medical record will enable the therapist to give adequate and personalized treatment and advise to the elderly people. The is also an emergency contact 24/7 available to easily reach therapist.



Poster of the websites and the services we provide



Prototype of the website



My part in the final pitch and poster.

We all worked together as a team to develop the idea and also in designing the PowerPoint presentation. for this assessment we used cavaas to do the prototype as it is something which is simple and easier for all of us to use . The presentation of the slides where shared equally amongst the 5 of us . so I ended up presenting 2 slides from the entire pitch.

Assessment Report.

Future skills I have improved on



Good collaboration

- Better collaboration with my team member.
- Everyone listens to ideas without bias.



Communication competence

- Great communication with my team members and lecturers

Experience and Knowledge I Learned from ILL

- Good communication skills
- Better collaboration
- Team work
- Time management
- Effective research
- Better knowledge about Mental health.

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APPRECIATION POST

Special Thank you to our lecturers .
Mihaela Marcella and **Biborka Gillay**.
They have been of great guidance to us
the students through out this ILL.
I am very grateful and I have learned a
lot .

Thank you

