



Portfolio

Vinicius Louzano

ILL20 – Mental Health & Seniors

Portfolio



My name is Vinicius Louzano, but everyone calls me Vini. I'm a 28-year-old born in Brazil. Having lived in the United States for three years, split between Connecticut and North Carolina, I embarked on a new chapter in 2021 by moving to Leuven, Belgium. Currently, I'm in my third year of studying Business Management Marketing at UCLL.


While pursuing my education, I also took part in a transformative Erasmus semester in Budapest, Hungary, which broadened my horizons and enriched my understanding of different cultures.

Through ILL, I strived to initiate conversations, raise awareness, and take action to enhance the daily lives of older adults. By collaborating with my group members I aim to create a more inclusive and compassionate environment for seniors, combating challenges such as social isolation and limited access to mental health resources.

In my free time, I find joy in a variety of activities. One of my favorite companions is Olivia, my playful and adorable Ferret. We spend time together, creating a bond filled with laughter and affection. Additionally, I indulge in practicing yoga, which helps me find balance and tranquility amidst a busy lifestyle. Exploring my culinary skills is another passion of mine, as I love experimenting with new recipes and flavors in the kitchen. When I'm in the mood for adventure, I often go hiking, immersing myself in nature's beauty and enjoying the serenity it offers. Lastly, I cherish the opportunity to meet new people and make friends, as I believe in the power of connections and the joy that comes from shared experiences.

About Me

First and Second week



Initiative and performance



Innovation competence



Self-determination

During the course of the project, I identified three key competences that I aimed to improve within myself:

1. Initiative and Performance: I sought to enhance my ability to take initiative and demonstrate high levels of performance. This competence involves proactively identifying opportunities, taking responsibility, and delivering exceptional results. By honing this skill, I aimed to become a proactive and driven individual, always seeking ways to contribute effectively to the project and surpass expectations.

2. Self-Determination: I recognized the importance of self-determination in achieving personal and professional goals. This competence encompasses the ability to set clear objectives, remain focused, and persevere in the face of challenges. By improving my self-determination, I aimed to strengthen my resilience, drive, and ability to stay motivated throughout the project. I aimed to become someone who consistently strives for excellence and takes the necessary steps to achieve success.

3. Innovation Competence: In a rapidly evolving world, the ability to think creatively and foster innovation is crucial. I aimed to cultivate my innovation competence by nurturing a mindset that embraces change, challenges conventions, and seeks inventive solutions. This competence involves thinking outside the box, being open to new ideas, and contributing innovative insights to the project. By enhancing this skill, I aimed to bring fresh perspectives, creativity, and forward-thinking approaches to drive the project's success.

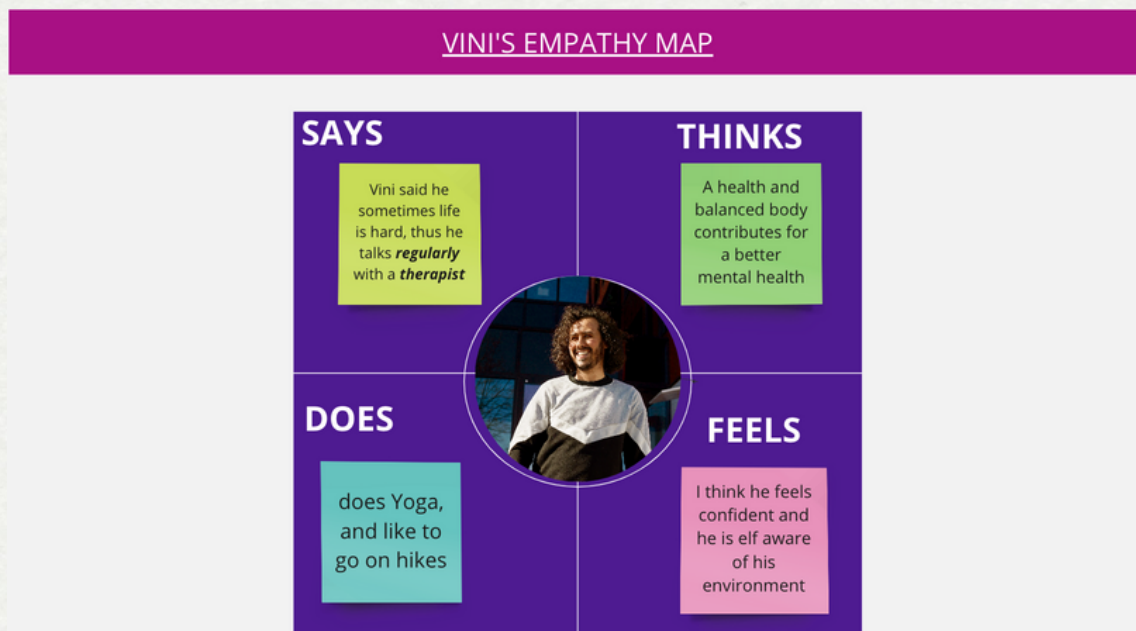
Through actively working on these competences, I aimed to not only enhance my own capabilities but also contribute effectively to the project, bringing value through my initiative, determination, and innovative thinking.

Third Week

Throughout the design thinking process, we tried to improve are set of skills that we defined in thee previous weeks, as a team, we have established some guidelines that are essential for fostering a positive and enjoyable collaborative experience.

This week, our team is currently in the phase of getting to know each other better and building trust. Through sharing our interviews, we gained valuable insights into the challenges that seniors face. It was truly surprising to discover that many seniors lack familiarity with modern technologies, and we are determined to improve their digital literacy skills.

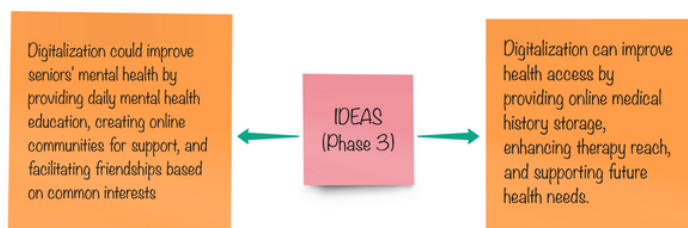
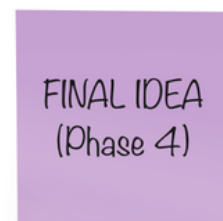
Also got to know how my peers perceive me throughout my empathy map.



Fourth Week

During the week, our main focus was on addressing the challenges faced by older individuals and creating a pitch for a future project. Despite having a small team of only three members, we were pleasantly surprised by how efficiently we collaborated.

Throughout the four phases of the project, we worked together seamlessly, ensuring that our ideas complemented each other well. The class was highly productive as we dedicated a significant amount of time to working as a cohesive unit. It was inspiring to witness the synergy and cohesion within our group, and we leveraged our diverse perspectives and skills to drive meaningful progress.



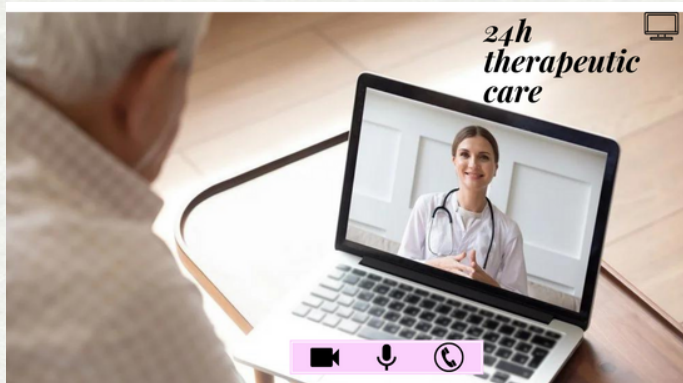
improve seniors' mental health and overall well-being through digitalization could involve combining daily mental health education with online medical history storage, improved access to therapy (online or in-person), and facilitated friendships based on common interests.

Fifth Week

During this week's class, we explored additional resources to develop our prototype, with a special focus on designing a user-friendly website specifically catering to the needs of the elderly. We immediately began working on creating our website.

Our project aims to enhance the accessibility of mental health services for older individuals by providing various features such as video calls with therapists, emergency contacts, access to counselors, chat platforms for sharing experiences, and a secure platform to maintain personal medical history.

The website is designed to be easy to navigate and use, ensuring that older adults can easily access the mental health care they need.



Patient Medical History	
Today's Date	
Month	Day Year
Patient Name	
First Name	Last Name
Patient Date of Birth	
Month	Day Year
Patient Address	
Address	City Country
Referring Physician's Name	
First Name	Last Name

Sixth Week

In this class, our main objective was to complete the design phase of our website project.

Through effective collaboration and coordination, we all played our part in ensuring its success.



My role this week was to developing the patient medical history page and to help with the development of the poster.

Last Week

After receiving feedback, I took the initiative to request everyone to send me their recordings, allowing me to compile and assemble the final video or presentation to be used at the Showdown.

Im really proud of our team work and Im very positive about what else e can accomplish together.

Thanks to this project, I have had the invaluable opportunity to nurture and enhance the three competences that I set out to improve within myself.

Firstly, I have developed a greater sense of initiative and performance, consistently taking proactive steps to contribute effectively to the project and deliver outstanding results. Secondly, I have honed my self-determination, setting clear objectives, remaining focused, and persevering through challenges to achieve success. Lastly, the project has provided me with ample space for cultivating my innovation competence, encouraging me to think outside the box, challenge conventions, and propose creative solutions.

Through this immersive experience, I have witnessed significant growth in these competences, empowering me to become a more proactive, determined, and innovative individual in both this project and future endeavors.