



Not Just Assistance

What HCI Can Really Do for Aging Well

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Hi! I'm Paweł.

I'd like to talk about technology and aging well today.

**Okay,
so what's the ultimate
aging well technology?**

Can HCI build the ideal companion for aging well?

NO

Cannot assure safety
No clinical validity

YES

Understands user experience
Can build collaboration

People don't want to take advice from a computer.

Computer has
(access to) lots
of data and
research

Computer is
inhuman – not a
reliable source of
advice

Clairbuoyance

Improving Directional Perception of Swimmers

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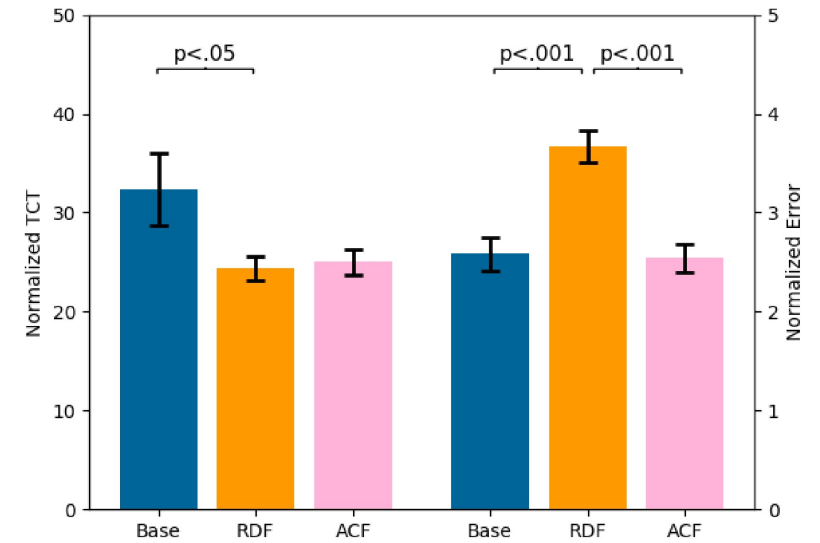
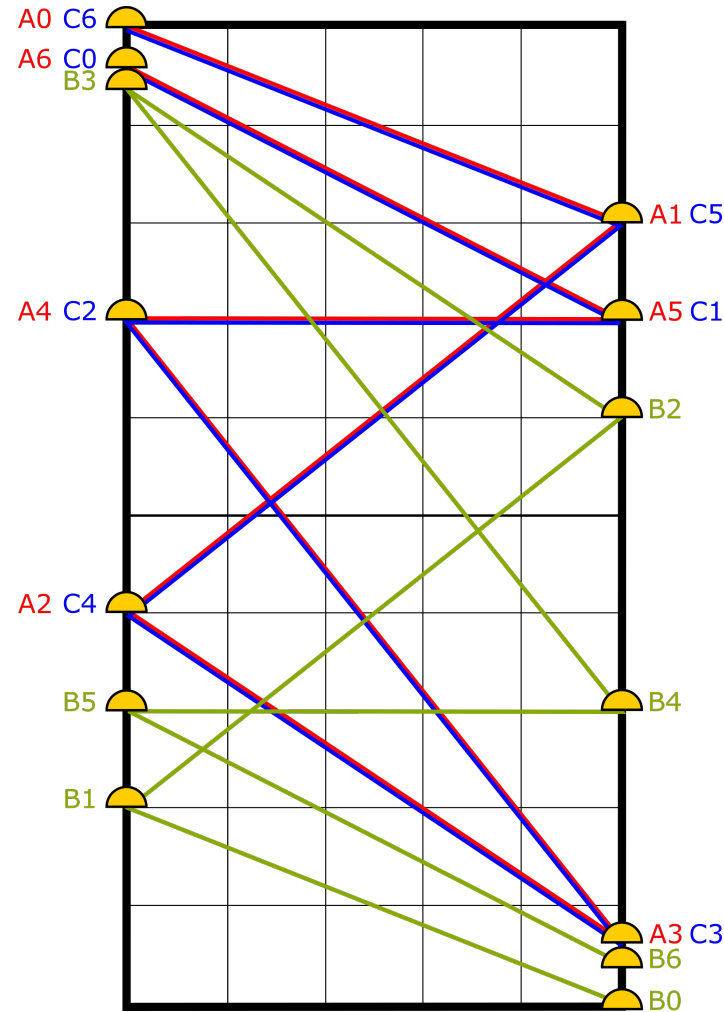
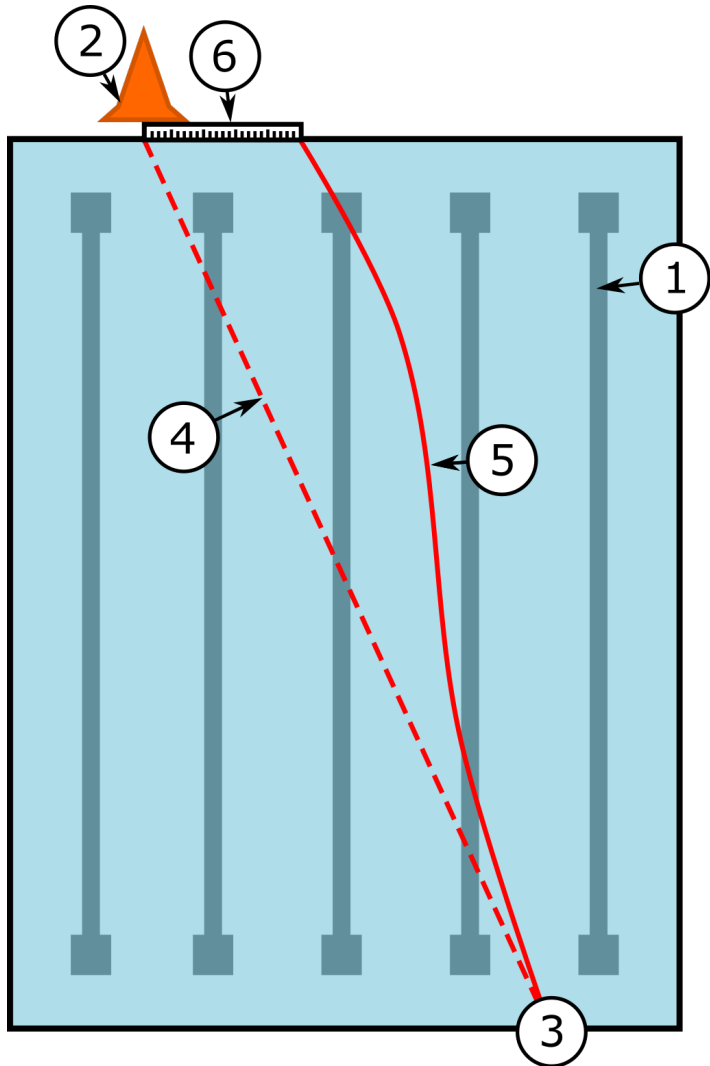
Albrecht Schmidt

LMU Munich

CHI 2019 - Glasgow, Scotland, UK



Compass data into directional cues



An online study

Recruit participants

Obtain tracking data

First survey

Data representation

Final survey

via Terra API

RRQ

Text



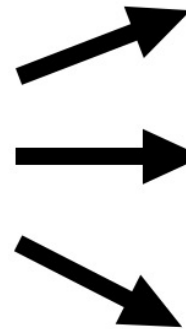
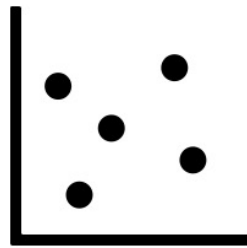
Chart



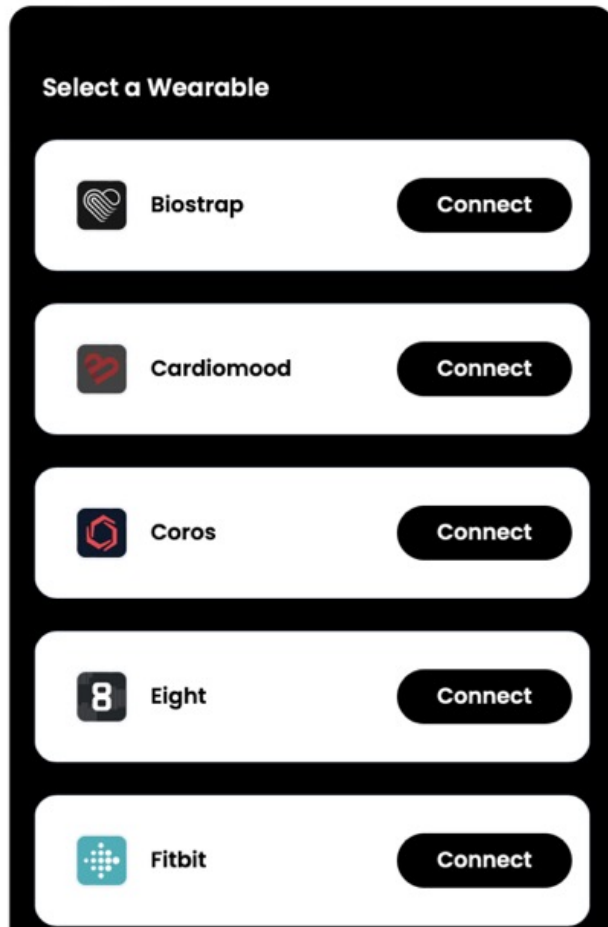
Text & Chart



TSRI
UES-SF
Open question



How this actually looked



Please indicate how much you agree with the following sentences about yourself.

4. I love exploring my inner self *

Strongly Disagree 1 2 3 4 5 Strongly Agree

5. I often love to look at my life in philosophical ways *

Strongly Disagree 1 2 3 4 5 Strongly Agree

6. I love to meditate on the nature and meaning of things *

Strongly Disagree 1 2 3 4 5 Strongly Agree

7. I don't really care for introspective or self-reflective thinking *

Strongly Disagree 1 2 3 4 5 Strongly Agree

Data representation

3 Conditions: *Text, Chart or Text & Chart*

You cannot come back to this page again.

Your activity pattern over the past week reveals some interesting insights. You've been consistently active, with your step count varying from moderate to high across different days. The weekdays seem to be particularly active for you, with a noticeable peak in your step count. This could be attributed to a more structured routine or commitments during these days. Over the weekend, your activity levels have been slightly lower compared to the weekdays, but still within a healthy range. This could be due to a more relaxed schedule or different activities that may not involve as much walking. The consistency in your activity seconds across the week suggests that you have a balanced approach to your fitness, maintaining a steady level of physical activity. This could be a reflection of your commitment to your health and well-being. Remember, every step counts and contributes to your overall fitness. It's not just about the numbers, but also about how you feel and the positive impact on your health.

Take Final Review

TEXT

GPT-PI Sync

Contact us

Please take a look at your data before taking the final survey below!

You cannot come back to this page again.

The information below presents your steps over the last seven days. Please reflect on the data, considering your routines, personal situation and commitments.



Take Final Review

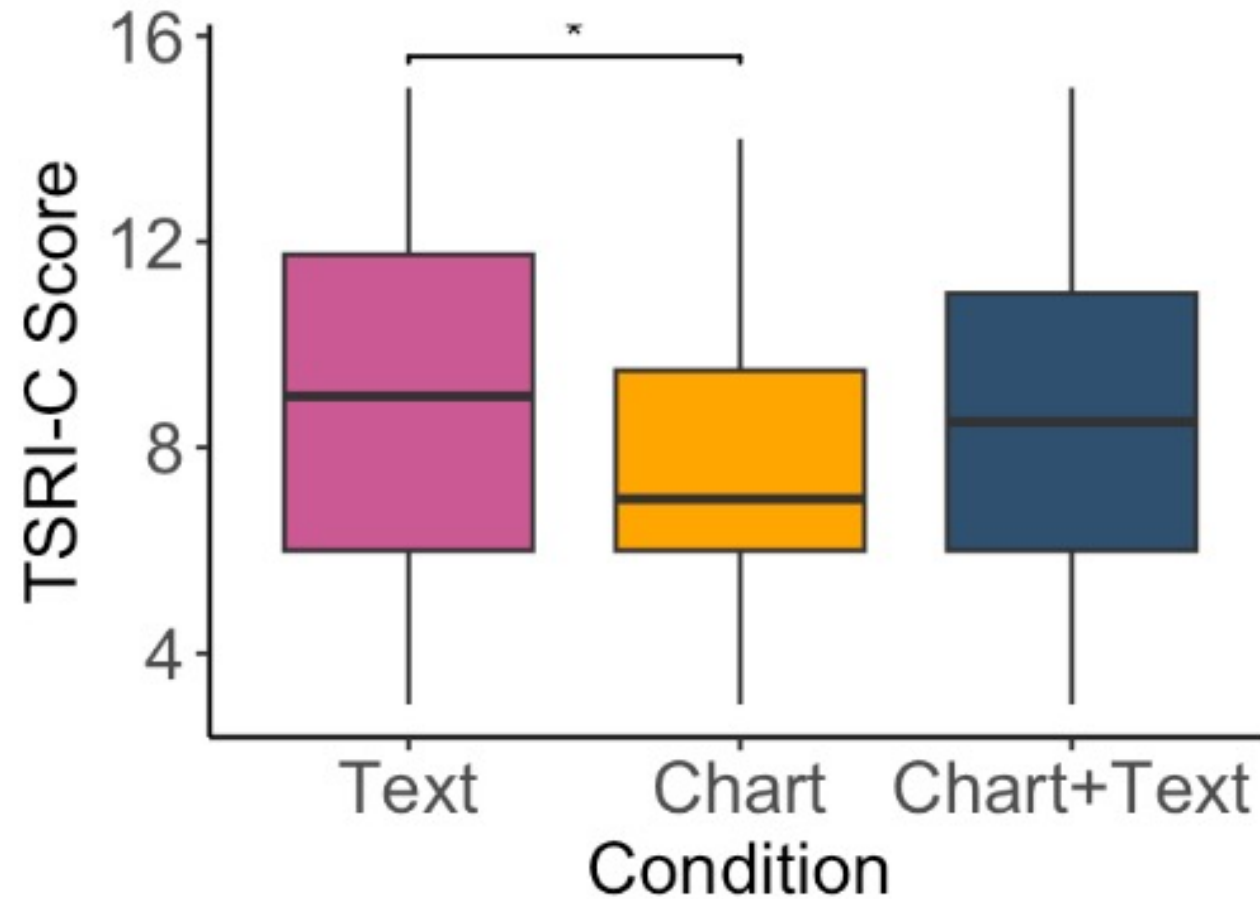
CHART

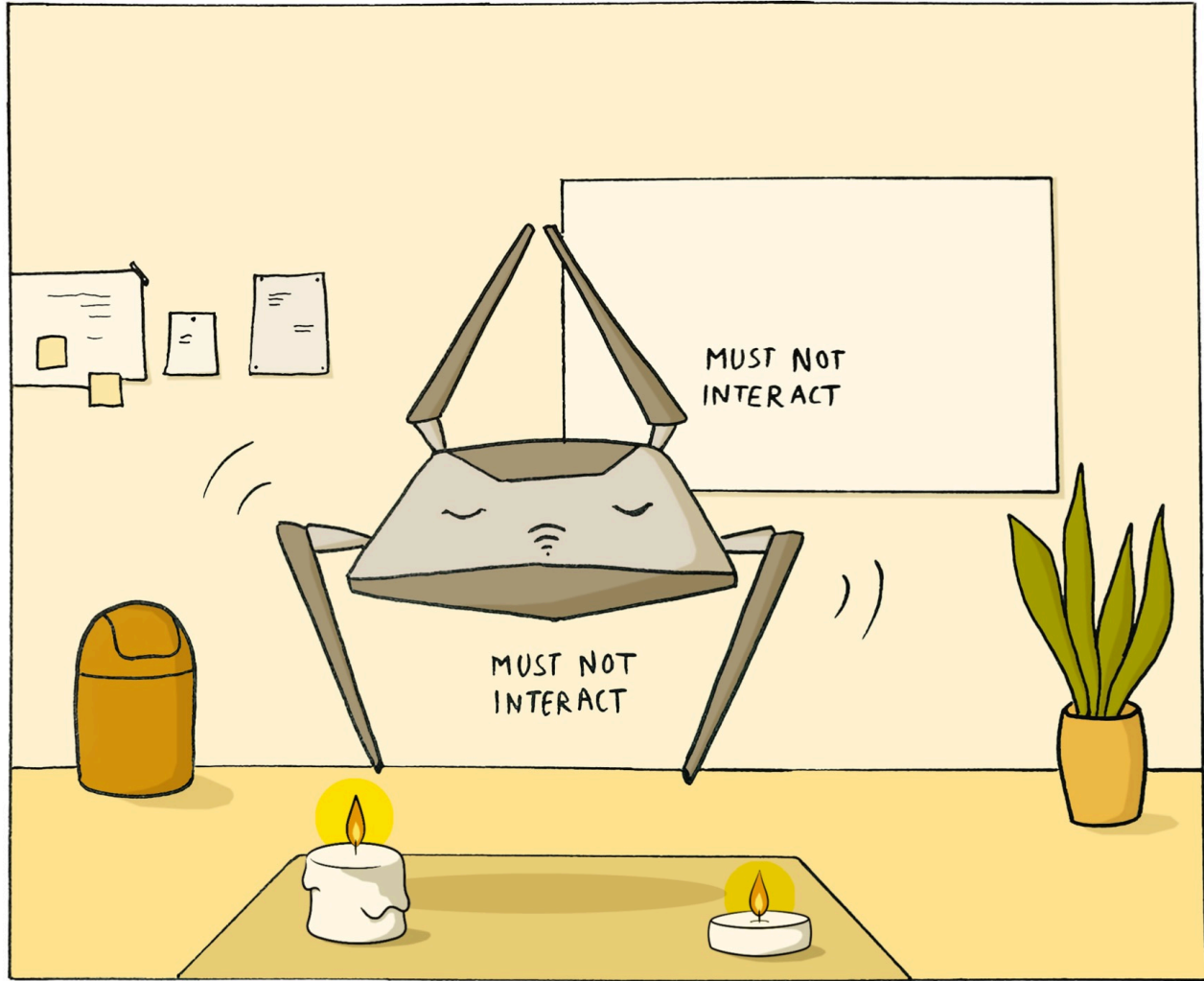
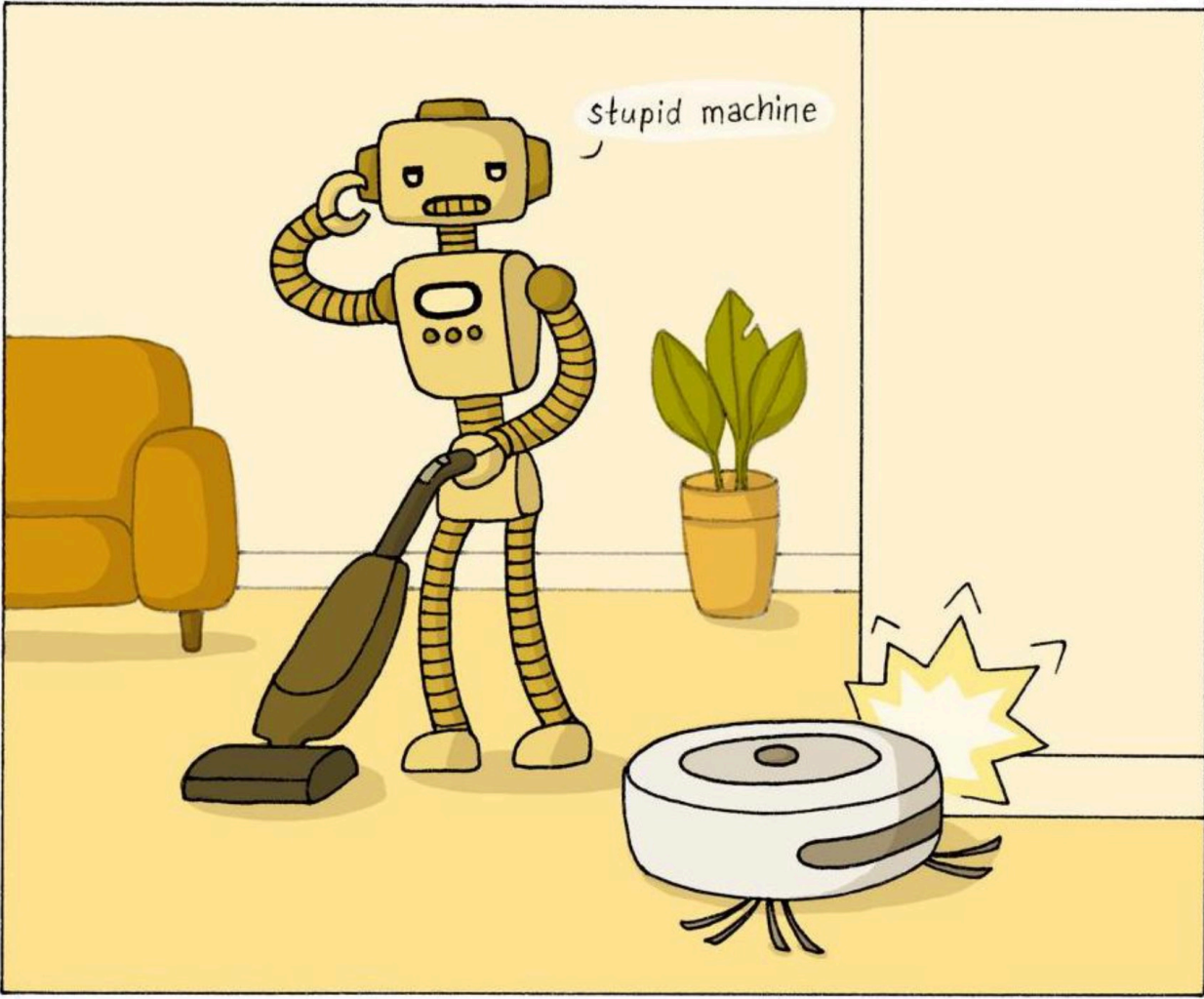
Example narrative

“Step fitness data showed a **pattern of consistent activity throughout the week.** On weekdays, our clients were active most of the day, with a peak in activity in the afternoon. This was likely due to a combination of work and leisure activities. **Over the weekend, there was a significant increase in steps,** with Saturday being the most active day. This could be due to a variety of reasons, such as a longer weekend, a change in routine, or a desire to catch up on activity. The increase in steps during the weekend is a positive sign of our clients' commitment to physical activity. However, it is important to note that the increase in steps during the weekend is not necessarily a sign of a **balance between routine commitments and physical activity,** with a noticeable increase in steps during the weekend.”

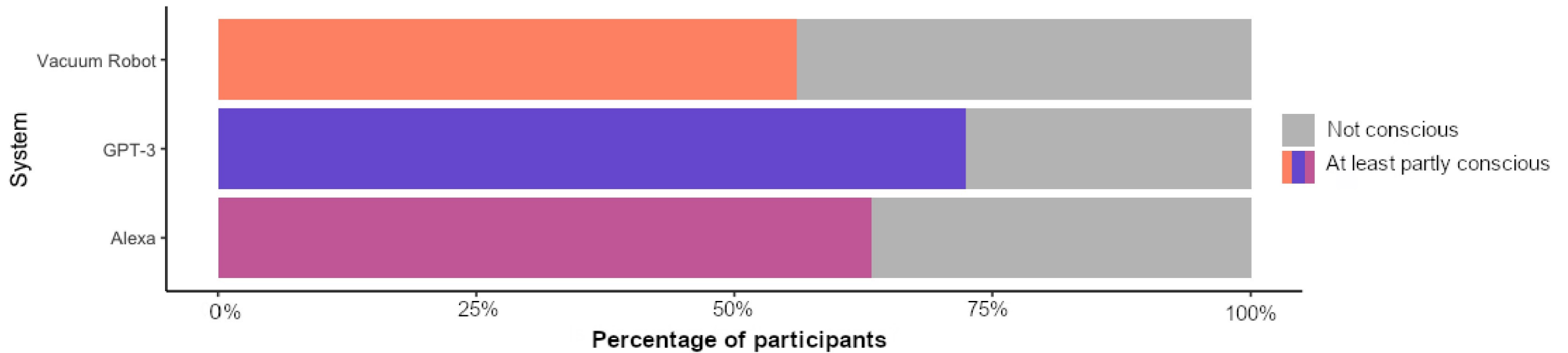
It actually makes people think!

It fosters comparison.





It's alive!



Cardboard Parallel Reality

Efficiency

Optimisation

Manual control

Quantification

Disorder

Spontaneity

Lived body

The qualitative

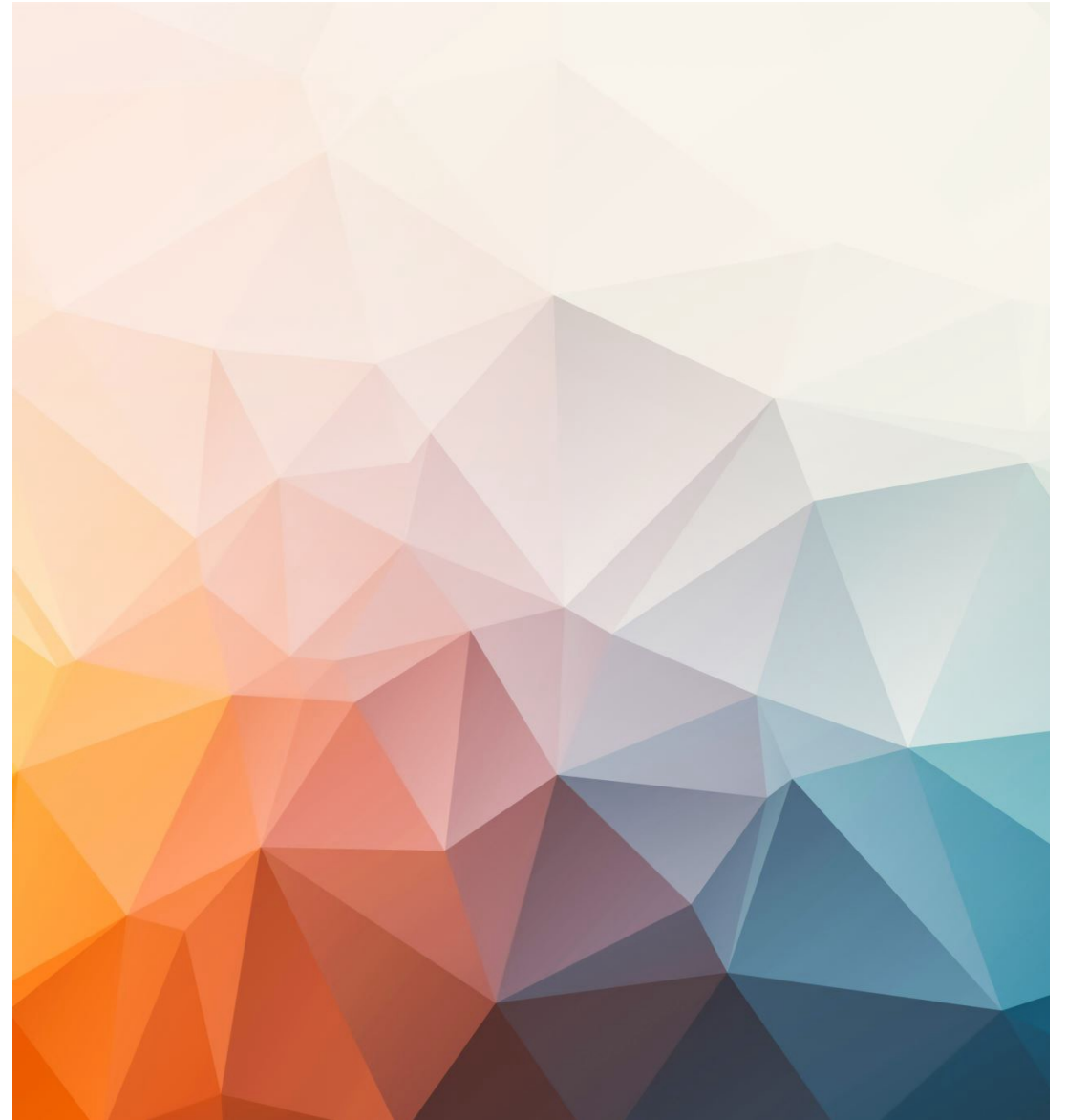
So how do we build the ideal companion for aging well?

HCI certainly cannot figure out **what the doctor needs to do so that people feel well**

Nor how he can be **prevented from hurting them**

HCI can work on ways in which **care personnel can teach the companion**

And ways in which the **doctor can behave like a someone whom you'd like to offer care**



Empathetic

Minded

Lipps

Feeling - experience

Lotze

Reflective

Husserl

Social significance

Lotze

Eudaimonic

Mekler & Hornbæk

Hedonic

Hassenzahl

Pragmatic

Hassenzahl

The Eudaimonic Technology Experience Scale, $\alpha = 0.82$

Subscale/Item**Factor Loading**

Eudaimonic goals, $\alpha = 0.82$

Q1: I used this system to learn new things	0.61
Q2: I used this system to pursue my aspirations	0.83
Q3: This system stimulated me to pursue my goals	0.53

Self-knowledge, $\alpha = 0.74$

Q4: When using this system, I felt a connection with my deepest feelings	0.64
Q5: When using this system, I felt like I was in touch with who I truly am	0.79
Q6: When using this system, I felt that my choices expressed my 'true self'	0.77

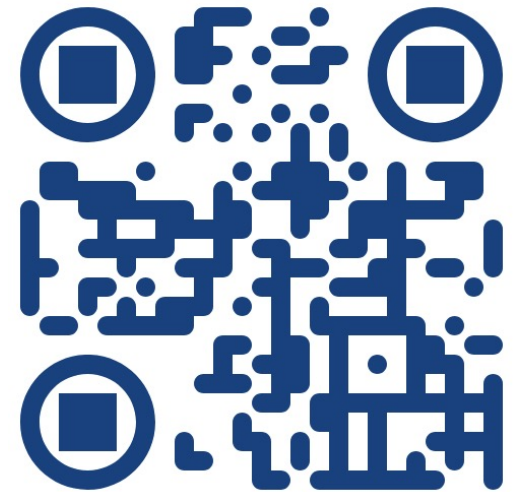


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Thank you