



## Lesson plan

| Well-Tech health/activity monitoring application demonstration      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| Made by                                                             | Tartu Health Care College                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Starting point, why do we do this?<br><i>Learning goals/targets</i> | <p>Students, working in groups, select health/activity monitoring application themselves, which they will present/demonstrate to the other students.</p> <ul style="list-style-type: none"> <li>- To learn, what kind of welfare technology apps clients/students can find for their phone, that help people to monitor their health/activity.</li> <li>- To find out what kind of knowledge/skills students/clients need to have to use the apps.</li> <li>- To find out what kind of information they can use to monitor clients or their own health/activity.</li> <li>- To find out what kind of knowledge/skill they need to have to teach use of apps to clients. Problems that emerge.</li> <li>- Finding the best solution you can introduce to the elderly so that they can monitor their health/activity.</li> <li>- Students learn to communicate and teach elderly when using health/activity monitoring applications and evaluate the output.</li> </ul> |
| Learning environment<br>(school, work placement, company)           | <p>School and home</p> <p>Welfare Technology involved:</p> <ul style="list-style-type: none"> <li>- Smart phones</li> <li>- Phone health/activity monitoring apps</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Who is involved<br>(students/teachers/clients...)                   | <ul style="list-style-type: none"> <li>- Teacher</li> <li>- Students</li> <li>- Family members</li> <li>- Friends</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Preparations, instructions to the students                          | <p><b>Preparations</b></p> <ul style="list-style-type: none"> <li>- Students need to have smart phone or iphone</li> <li>- Access to Internet to gather information with a device.</li> <li>- Guidelines, tasks prepared</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Duration/schedule                                                   | <p>Duration: 4 h (4x45 minutes)</p> <p>The students working individually or are divided to groups (it depends of how many of them have a smartphone).</p> <p>Students will get a guidelanes/tasks what he/they has to do</p> <ul style="list-style-type: none"> <li>- <b>Task 1:</b> Find from your phone healt/activity monitoring app and use it 3 days. Fill/feed as mutch information in that time as you can to de app.</li> <li>- <b>Task 2:</b> Find someone who does not use in their smart phone eny health/activiti monitoring apps anad convince them to do this for 3 days and cive to you anaonymosly the results. the conditions are the same as those given to you in task 1.</li> </ul>                                                                                                                                                                                                                                                               |



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|                                                                                  | <ul style="list-style-type: none"> <li>- <b>Task 3.</b> Present results to others comparing them with an anonymous client.</li> <li>- <b>Task 4.</b> Conversations/ discussion on: o you see any benefits to using this acer in the long run? Do you see elderly people as health/activity monitoring app users in the long run? If not, when do you think elderly people in our society will reach this far?</li> </ul>                                                                         |
| Description of the learning process, what kind of welfare technology is involved | <p>Teaching methods:</p> <ul style="list-style-type: none"> <li>- Individual work</li> <li>- Online research</li> <li>- Groupwork</li> <li>- Practical experience</li> <li>- Using digi-technology</li> <li>- Presentation</li> <li>- Discussion</li> <li>- Evaluation and feedback</li> </ul> <p>Students will get practical experience how to work with elderlys and how to teach them how to use device and app.</p>                                                                          |
| Evaluation plan of the module, how do we evaluate the module                     | Non-differential evaluation when the students have participated in all assignements and have actively participated in all seminars and in practical activities.                                                                                                                                                                                                                                                                                                                                  |
| Anticipated benefit to the client, student, working life                         | <ul style="list-style-type: none"> <li>- Gives student practical learning and teaching experience</li> <li>- Gives students an overview of their smart phone usege skills and oportunities.</li> <li>- Expands the students horizons, develops clients assessment skills, develops communication skills, develop teamwork skills, develops performance skills.</li> <li>- The student understands better the problems of the elderly what can arise during the usege of applications.</li> </ul> |
| Teaching materials                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |