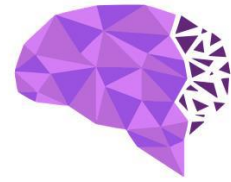


# POSTHCARD



## Alzheimer Care Trainer

Reducing stress of caregivers and improving long-term care for Alzheimer patients

Serious games can be highly motivating to play and positively contribute to learning<sup>1</sup>. In the Active and Assisted Living (AAL) POSTHCARD project a serious game, the Alzheimer Care Trainer (ACT) is iteratively developed and evaluated to train informal caregivers how to communicate and interact with people with Alzheimer's in various stages.



### Aims

- Reducing stress of caregivers by teaching coping strategies.
- Improving long-term care for Alzheimer patients.

### Materials & Methods

17 caregivers (13 formal caregivers and 4 informal caregivers) participated in mock-up testing in The Netherlands, Belgium and Switzerland, which consisted of: requirement analysis, usability and acceptance testing. The SUS<sup>2</sup> and UTAUT<sup>3</sup>. Questionnaires were used in combination with a semi-structured interview.

### Results

- The SUS mean score was 64 (SD 16), which is between acceptable (52) and good (73).
- Caregivers found the ACT useful and would recommend it to others.
- Recommendations were done about the structure of the game, scenarios, storyline, buttons, characters and surroundings and how the game could contribute to the aims.

### Conclusion

The mock up testing resulted in valuable insights for further improvement of the prototype which were used to iteratively update and enhance the ACT.

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