JYOTI

DESIGN OF HUMAN MACHINE INTERFACE

User Experience Design (B.Sc.)
Technische Hochschule Ingolstadt
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HOW CAN TECHNOLOGY SUPPORT FAMILY CAREGIVERS IN CARING FOR LOVED ONES SUFFERING FROM DEMENTIA?

Caring for individuals with dementia involves managing health fluctuations, responding to emergencies, and supporting family caregivers under significant emotional strain. Our project explores how technology can address these challenges by empowering caregivers and patients alike.

Key features of our dementia-support app include early detection of health concerns, emergency response facilitation, and streamlined care management to reduce caregivers' burdens. The app also fosters patient independence by helping to structure daily routines and enhancing quality of life at home.

By integrating wearable devices, real-time notifications, and user-friendly dashboards, we aim to simplify caregiving without overwhelming users. Our design process prioritizes functionality, usability, and engagement through interactive features and educational content, ensuring a seamless and supportive experience.

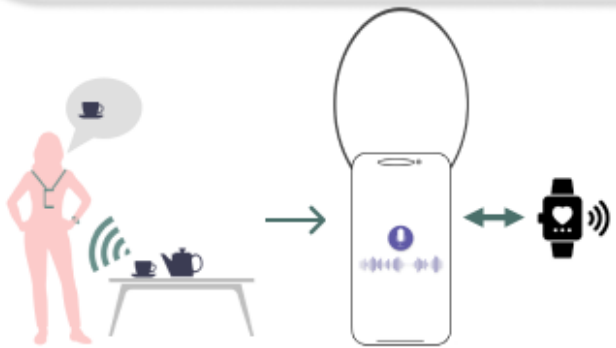
This holistic approach reimagines dementia care, offering practical solutions to enhance caregiving, promote autonomy, and provide peace of mind to families. We employ a multifaceted design process encompassing research, ideation, persona creation, and user journey mapping. Additionally, we develop wireframes, conduct usability testing, and implement design features that balance functionality with an intuitive user experience.

01 BRAINSTORMING AND RESEARCH PHASE (KICK-OFF)

Our exploration of technological solutions for dementia care began with the idea of using RFID tags to unlock memories for patients. This involved attaching interactive tags to personal items, like family photos, to trigger audio or visual information about associated memories. While promising for stimulating recall and fostering meaningful interactions, practical challenges in setup and integration led us to explore other options. We also recognized the importance of creating solutions that could be easily adopted by both caregivers and patients without requiring extensive training.

Simultaneously, we examined fall detection and non-invasive tracking using millimeter-wave sensors, which could identify falls discreetly without wearables. Though innovative and suited for assisted living, the complexity and infrastructure demands highlighted the need for more accessible solutions.

This prompted a shift toward a holistic caregiving approach, informed by research into existing dementia care apps and a gap analysis identifying unmet needs. Many tools focus solely on caregivers or patients, but few integrate both in a user-friendly platform.



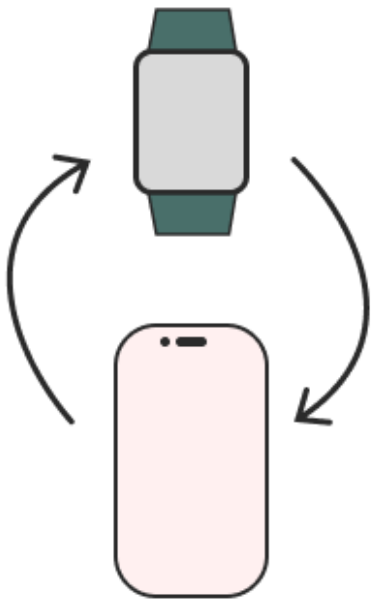
Our findings, categorized into Memory Stimulation, Health Monitoring, and Assisted Living, emphasized the value of blending accessible technology with human-centered design. By balancing simplicity and functionality, we focused on developing a solution that genuinely enhances the caregiving experience. Moving beyond niche solutions like RFID tags or advanced sensors, we aimed to create a simple platform that supports patients' independence and caregivers' peace of mind, fitting seamlessly into daily routines.

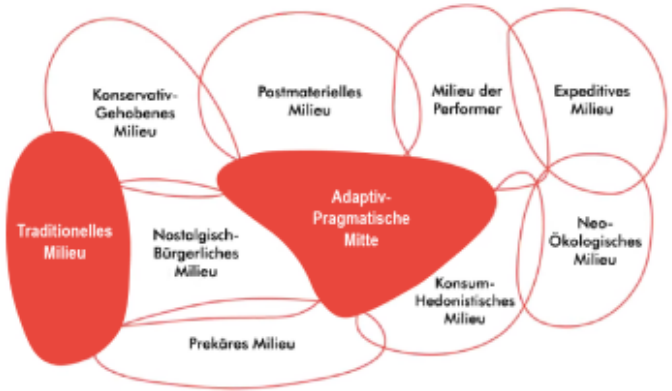
02 CONCEPT

Jyoti provides security for both family caregivers and dementia patients through a minimalist app and wearable device. The wearable resembles a smartwatch, featuring a skin-friendly, elastic wristband and a power-efficient E-Ink display for better visibility. Its discreet design reduces stigma and encourages use.

The wearable collects health data, including heart rate, blood pressure, GPS location, and activity levels, and sends it to the caregiver's app. Features include reminders for medication and a messaging function that strengthens caregiver-patient bonds through simple, icon-based communication. Notifications are conveyed through discreet vibrations.

The caregiver's app presents critical information like health data, location, and activity at a glance, with access to detailed insights as needed. Integration with electronic health records simplifies medication management. Continuous tracking ensures caregivers are alerted to emergencies, such as falls, enabling prompt action. Despite its critical purpose, the app fosters a sense of ease & safety, supporting caregivers while promoting independence for patients.





03 TARGET GROUP

Adaptive-Pragmatic Middle

Caregivers aged 30–50 juggling careers, children, and dementia care for aging parents. They experience stress, guilt, and anxiety due to unpredictable emergencies and seek tools that simplify caregiving while maintaining patient independence.

- **Living Context:** Patients often live semi-independently, requiring frequent visits and remote monitoring.
- **How Jyoti Helps:** Real-time alerts, structured routines, and remote monitoring reduce stress, allowing caregivers to balance responsibilities.

Traditional Milieu

Older caregivers (60+) caring for spouses or parents, often within multigenerational households. They face emotional fatigue, isolation, and limited tech fluency, while patients value independence but resist help.

- **Living Context:** Patients usually live with caregivers, creating added strain.
- **How Jyoti Helps:** Intuitive design, reminders, and collaborative tools ease caregiving and promote patient autonomy.

04 PERSONAS

"I want to make sure my mom is okay, even when I can't be there in person." by Emily Johnson

Following a detailed analysis of caregiver needs, patient behaviors, and insights derived from research and discussions, we crafted three distinct personas to represent the primary user groups of our dementia care app. These personas reflect key stakeholders: Emily Johnson, a busy family caregiver balancing work and care responsibilities; John Smith, her elderly father living with dementia and striving to maintain independence; and Michael Harris, a professional caregiver responsible for managing multiple patients.

Each persona encapsulates specific goals, frustrations, and daily routines. Emily Johnson, as a family caregiver, seeks a solution to monitor her father's health remotely, stay informed about emergencies, and maintain peace of mind while juggling her demanding job and family life. John Smith values his independence, cherishing his routines and autonomy, while benefiting from subtle reminders to help structure his day. Michael Harris prioritizes tools that streamline care management, improve communication with families, and enable quick adjustments to care plans based on real-time health insights. These personas were essential in designing features that address their distinct needs, while fostering trust, usability, and emotional support.

Johnson Emily | 38

Family Caregiver

As a working mother, Emily doesn't have much time to fully manage her mother's care, so she needs an app to efficiently track important health data.

About

- Married, two kids (7 and 4 years old)
- Part-time office worker
- Her mother has Dementia
- Moderate tech skills

Challenges

- Balancing caregiving with work and family responsibilities.
- Emotional strain from worrying about her mother's safety.
- Need for better organization and access to her mother's health data.

Needs

- A user-friendly app to simplify caregiving tasks.
- Real-time alerts for emergencies (e.g., fall detection).
- Collaboration with professional caregivers for shared responsibilities.

Smith John | 72

Dementia Patient

John wants to stay in his home and retain his independence for as long as possible. He needs help remembering to take his medication and keeping track of daily tasks.

About

- Lives alone at home
- Retired Engineer
- Early-stage Dementia
- Low, uses basic functions

Challenges

- Fear of losing independence due to memory loss and safety concerns.
- Lack of engagement with complex technology.

Needs

- A simple, wearable device that tracks health passively (e.g., heart rate, fall detection).
- Support through reminders and health monitoring without requiring active interaction.

Harris Michael | 45

Prof. Caregiver

Michael is responsible for several patients in his area and needs quick access to their health and daily data to plan effective care.

About

- Married, no kids
- Nurse at a care provider
- Caregiver for dementia patients
- Well-versed in healthcare tech

Challenges

- Managing multiple patients with limited time.
- Ensuring data relevance and accuracy for better care decisions.

Needs

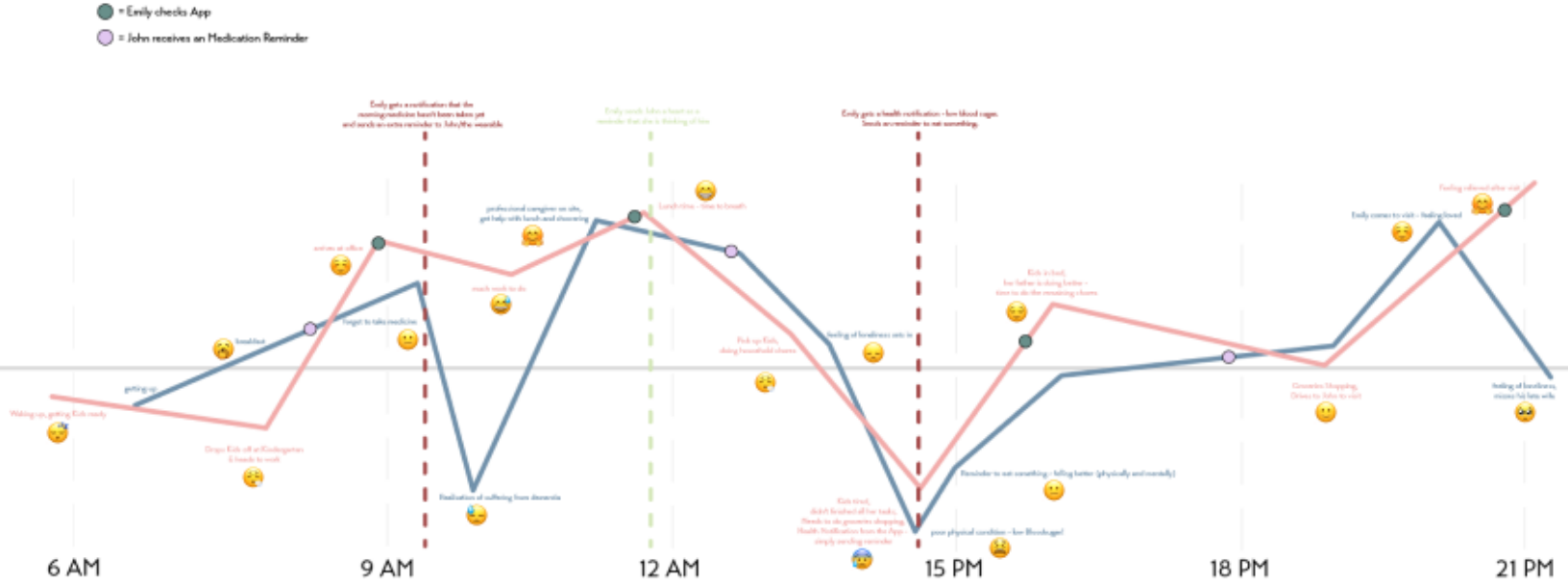
- Reliable access to patient health metrics (heart rate, sleep, medication).
- Tools for seamless communication with family caregivers.
- Features to adjust care plans efficiently based on real-time data.

05 USER JOURNEY

We outlined two primary user journeys – those of the family caregiver and the dementia patient – each central to our system's functionality. The caregiver's journey begins with reviewing overnight health updates, including sleep quality, activity levels, and vital metrics such as heart rate and blood sugar, allowing them to assess the patient's well-being at the start of the day. During working hours, the caregiver relies on the app to monitor health data in real-time and send reminders, such as medication prompts. In cases of irregularities, such as a drop in blood sugar or a detected fall, the app sends immediate notifications, enabling quick action, such as contacting emergency services or remotely addressing the issue. At the end of the day, the caregiver reviews completed tasks and metrics for reassurance before concluding their day.

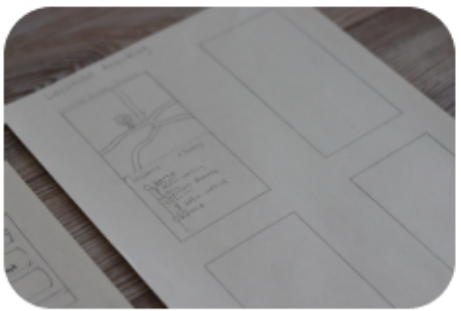
The patient's journey revolves around maintaining autonomy through the wearable device, which provides discreet reminders for daily tasks such as medication intake, meals, and physical activities. Health metrics, including heart rate and movement patterns, are continuously tracked and shared with the caregiver's app. The patient receives subtle, non-intrusive prompts, such as vibrations from the wearable, which facilitate adherence to a structured daily routine without causing stress or frustration. The system's real-time functionality ensures that any irregularities are immediately addressed, promoting safety and stability throughout the day.

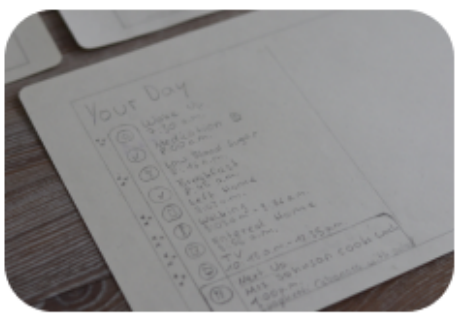
These interconnected user journeys emphasize critical aspects of the system: for caregivers, reassurance and efficient remote care management; for patients, a sense of independence and structured support. Together, they ensure a seamless integration of the app and wearable, fostering trust and reducing the logistical and emotional burdens associated with dementia care. To complement these journeys, a strategic mapping of user touchpoints ensures clarity and engagement at every stage of interaction with the system, enhancing usability and overall satisfaction.

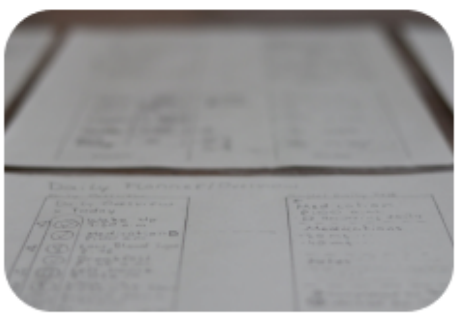

= Emily checks App
= John receives an Medication Reminder
Emily gets a notification that the morning medicine hasn't been taken yet and sends an extra reminder to John/his wearable
Emily sends John a heart as a reminder that she is thinking of him
Emily gets a health notification – low blood sugar. Sends an reminder to eat something.
Waking up, getting Kids ready
getting up
breakfast
arrives at office
Drops Kids off at Kindergarten & heads to work
forgot to take medicine
much work to do
professional caregiver on site, got help with lunch and showering
Realization of suffering from dementia
Lunch time – time to breath
Pick up Kids, doing household chores
feeling of loneliness sets in
Kids tired, didn't finished all her tasks, Needs to do groceries shopping, Health Notifications from the App simply sending reminder
Reminder to eat something – felling better (physically and mentally)
poor physical condition – low Blood sugar!
Kids in bed, her father is doing better – time to do the remaining chores
Emily comes to visit – feeling loved
Feeling relieved after visit
Groceries Shopping, Drives to John to visit
feeling of loneliness, misses his/her wife
6 AM
9 AM
12 AM
15 PM
18 PM
21 PM

06 PAPER PROTOTYPE

Using the information we had collected to this point, we tried to boil down our ideas to form a blueprint of our user interface.
For this, paper prototypes were perfect as they forced us to think about every stroke we made on the paper without getting too deep into the details of visual design.

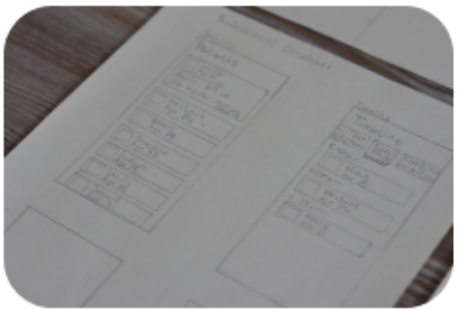






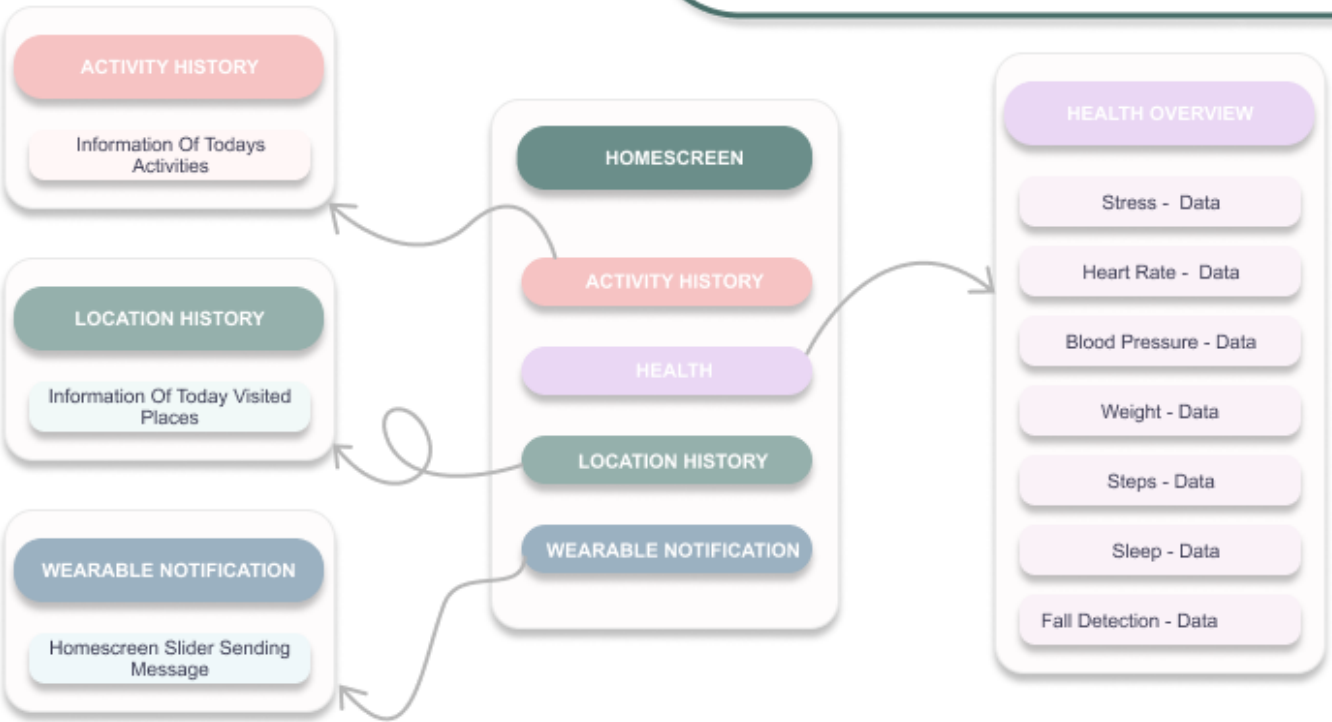
After a lot of discussion, we divided the app into four simple categories: activities, health, location, and wearable notifications.
This structure simplifies navigation, allowing users to quickly access key features while aligning with caregiving priorities and daily needs.

During the development of our paper prototype, the design of the Home Screen presented a significant challenge, as it needed to remain as simple and intuitive as possible while incorporating only four core categories and functions. The navigation was intentionally designed to function without a menu bar, relying instead on a streamlined interface to guide users effectively. This minimalist approach required extensive iteration to balance ease of use with functionality, ensuring that the Home Screen served as a clear and efficient entry point to the app's features.



We decided that the Wearable should only display icons. This is because text messages could only appear very small on the display and would be difficult to read. We also want to avoid possible information overload. Icons provide a universally understandable and visually simple way to communicate, ensuring that users can quickly grasp the meaning without added cognitive effort. This approach enhances usability for dementia patients, who may struggle with processing complex information or small text.

07 INFORMATION ARCHITECTURE



08 USER TESTING

To validate the app's design and functionality, we conducted user testing with three participants from our target groups, which provided valuable insights into areas for improvement while affirming key design choices. The testing revealed that elements on the Home Screen, such as health data components, needed revisions to eliminate the appearance of being clickable when they were not, while headers and buttons were redesigned to enhance their intuitiveness. The prominence of "Add" and "More Info" buttons was improved to make them more discoverable without assistance, and clearer call-to-action elements were added to streamline the user experience. Participants praised the app's calming and clean design, emphasizing that the current color scheme struck the right balance by allowing users to focus on key information without becoming overwhelmed. These refinements ensured the app provides a seamless, intuitive, and emotionally supportive experience, better tailored to the needs of its target audience.

KEY INSIGHTS

- **Settings:** Replace with intuitive burger menu (slide-out).
- **Health Data:** Revise; small components seemed clickable.
- **Buttons:** Make "more info" buttons more visible; clickable header on home screen.
- **Navigation:** Add navigation bar; back arrow not sufficient.
- **Color Scheme:** Current design clear and calming; avoid adding more color.

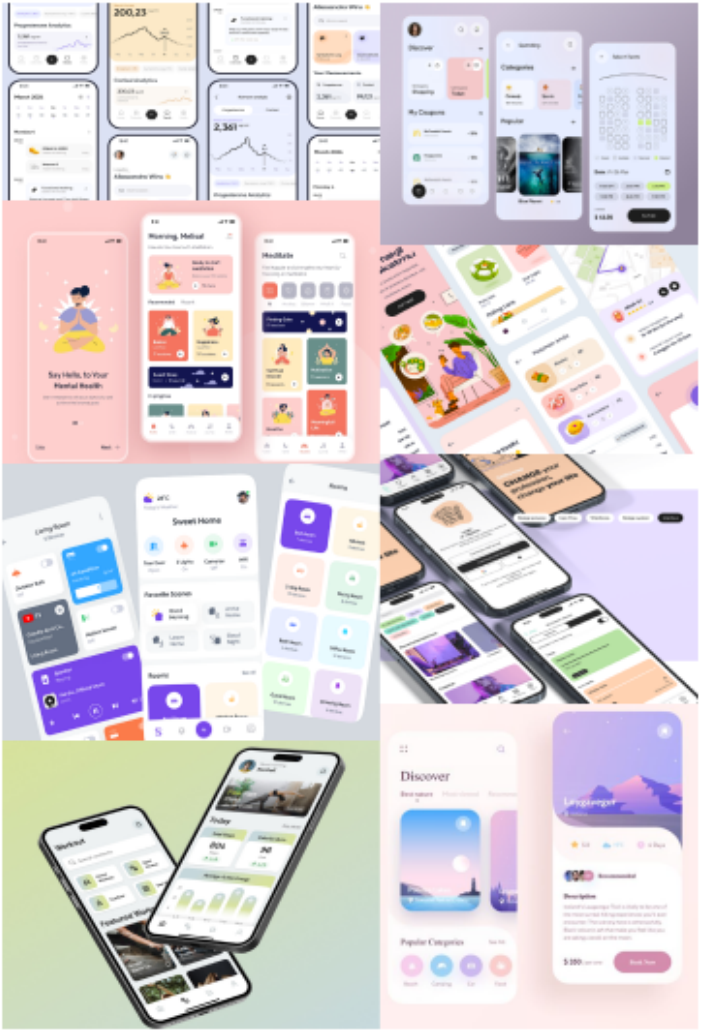
09 MOODBOARD

After defining the exact functionality, particularly that of the app, we began to explore which emotions we wanted to convey and how to do so.
Given the significant role of safety and the health-related nature of the topic, we specifically looked for similar applications. However, we quickly noticed that these apps often felt emotionally cold and lacked the ability to convey emotions.
Jyoti is intended not only to provide safety but also to bring calm to the stressful everyday life of a family caregiver and serve as a safe space.

It is important to us that the app feels friendly, warm, supportive, and simultaneously trustworthy. With these keywords in mind, our online research predominantly led us to meditation and mindfulness apps. However, these often felt monotonous and too light for the gravity of the topic. Between emotionally cold and overly light interfaces, we found our path.

Using pastel colors conveys a sense of calm.
Thanks to the high proportion of white, everything appears airy and relaxed.
This takes the weight off the topic - but at the same time gives it the importance it deserves.
The combination of various shades adds a playful and lively touch to the design.
By incorporating stronger colors, we direct focus to essentials such as important notifications and summaries of the current situation.
Thanks to this choice of color and combination we can best evoke the feelings we want

When choosing the colors, we asked ourselves which UI design would best convey the desired emotions and optimally support our color choices. Initially, we considered glass morphism.
However, we quickly discarded this idea. We doubted that this interface design could ensure ease of use and appropriately highlight the importance of the information due to the choice of colors.
While the application of neumorphism could have guaranteed simplicity in use, this style tends to appear very clinical and tidy, which would likely fail to convey any emotions.
Thus, we opted for flat design.
This style meets all the criteria that we consider important.
It employs simple and minimalist design elements, ensuring ease of use and quick processing of information. The color palette is complemented by the illustrations used, completing the app's overall look.



10 STYLEGUIDE

TYPOGRAPHY

We chose Manrope as the font for the screen design.
The reason for this is that the sans serif font is easy to read and therefore supports quick information absorption.
Due to the diversity of our screens, we used many variations of this font, but all of them deliver a well-rounded image.

LARGE HEADING	Manrope - SemiBold 48px / Original	**BODY LARGE**	Manrope - Regular 28px / Original
MEDIUM HEADING	Manrope - SemiBold 26px / Upper	**BODY FAT**	Manrope - SemiBold 18px / Original
SMALL HEADING	Manrope - SemiBold 24px / Original	**BODY**	Manrope - Regular 18px / Original
BIG NUMBERS	Manrope - SemiBold 40px / Original	**BODY SMALL**	Manrope - Light 13px / Original

COLOR

We already agreed on pastel colors when putting together the mood board.
In order to generate a distinction between the main points despite the fact that they belong together, we have defined their own color category for each of the four most important points.

Activity

Dark Rose #F2ABAA	
Rose #FCCBCA	
Light Rose #FFF7F7	

Health

Purple #DBB5F3	
pastel Purple #E1C7F1	
Light Purple #FAF2F8	

Location

Dark Turquoise #496F6A	Grey #DBDBDB
Turquoise #688F8A	Grey Turquoise #BAC8C6
Light Turquoise #F1F9F8	Light Grey Turquiose #F0F0F0

Wearable

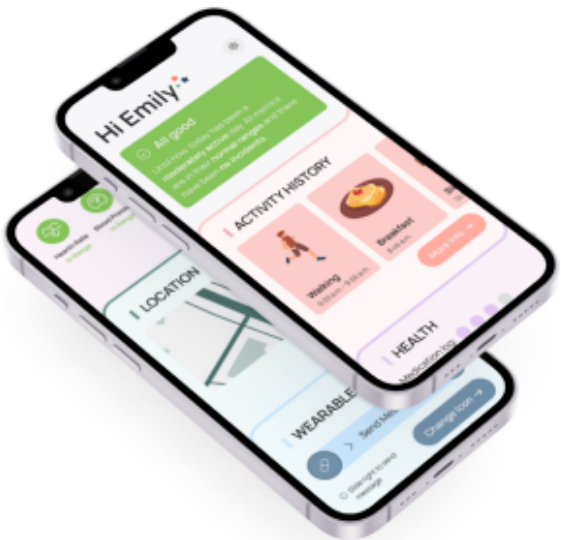
Dark Blue #1B3B52	Blue #7191A8
Baby Blue #CAE7FC	Light Blue #E1F1FD
Light Blue-Grey #EFF8FA	

11 HIGH FIDELITY PROTOTYPE

Once all relevant aspects of the user interface were defined, it was time to move from theory to practice. We began by recreating our paper prototype screens in Figma.
With the wireframes created in this step, we were able to dive into high-fidelity prototyping.

First, we integrated our chosen colors and flat design into the prototypes.
Although everything had been carefully selected in advance to convey the right emotions, we encountered some challenges during this phase.
We created many completely different screens as well as several variations.

Thanks to user surveys, we were able to finalize our screen designs. At this stage, we had already made the interface clickable, enabling us to conduct user tests directly. These tests allowed us to observe how the target user group interacted with the app. This provided valuable insights into how specific design elements needed to be adjusted to ensure intuitive use.
We tailored all elements to the needs of the user group, ultimately arriving at a finished high-fidelity prototype.



For the wearable, we took inspiration from modern smartwatches.
It was especially important to us that it is comfortable to wear and poses no risk of injury. For this reason, we decided that the band should be elastic and skin friendly. Additionally, instead of a traditional clasp, we opted for a magnetic closure to minimize the risk of injury. This also allows for a more customizable fit.

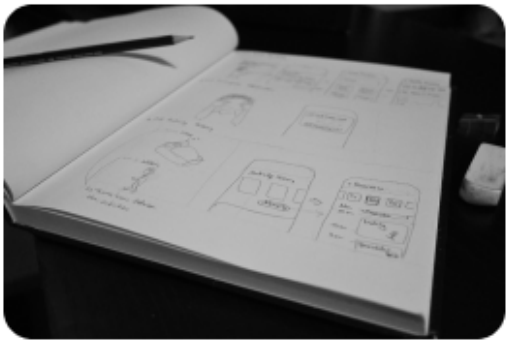
The display needed to be large but not bulky. Therefore, we decided against a round shape and chose a rectangular one instead. The width of the display aligns directly with the band, creating a smooth, rounded form without sharp edges or corners.

While the E-Ink display has limited color options, its durability and battery efficiency make it a crucial choice for the product.

12 STORYBOARD

Evolution

Our initial storyboard concept for the promotional video "Peace of Mind with Jyoti" centered around a cohesive narrative featuring Emily, our persona, who balances her role as a working mother with caregiving responsibilities for her father, John. The storyline followed Emily through moments of stress and resolution, illustrating how Jyoti supports her in managing both her family life and John's care. However, during production, we faced a key challenge: finding consistent stock footage of the same characters to ensure narrative continuity.



Final Storyboard Concept

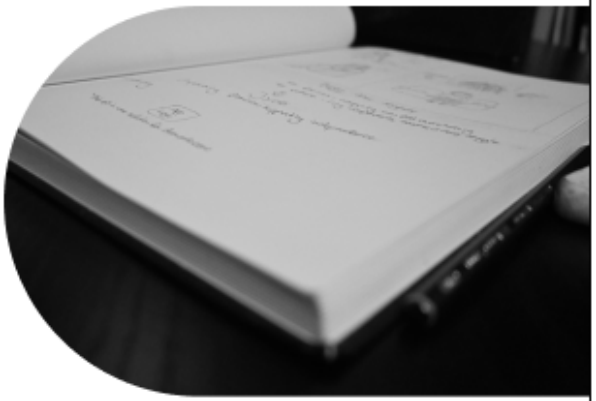
To address these challenges, we pivoted to a broader narrative that incorporates diverse families, generations, and cultures. This approach allows us to present the universal nature of dementia caregiving while highlighting Jyoti as a solution for a variety of scenarios.

Key Changes in the Final Storyboard

Multiple Protagonists: Instead of focusing on Emily and her father, the final version showcases different families and caregiving scenarios, representing the global and inclusive reach of Jyoti.

Emphasis on Emotion: The scenes emphasize the emotional struggles of caregiving – stress, sadness, & uncertainty – juxtaposed with the reassurance, autonomy, and calm brought by the app.

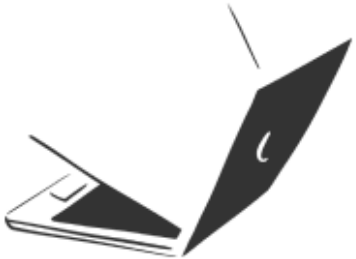
Diverse Representation: Featuring families from various cultural backgrounds & age groups, including young caregivers, and elderly patients, to reflect the app's wide applicability.



Purpose of the Final Storyboard

The revised concept broadens the emotional appeal and ensures accessibility for a wider audience. By showcasing diverse caregiving experiences, we emphasize the universal challenges of dementia care and position Jyoti as the solution. This approach aligns with our app's mission to provide caregivers with peace of mind and patients with autonomy. The combination of stock footage, mockups, and animation ensures that the video maintains a professional and impactful tone.

The final storyboard highlights not only the app's features but also the profound emotional impact it can have on caregivers and families, reinforcing its value as a life-changing tool.



13 MOVIE

The promotional video, based on our storyboard, was cut in Adobe Premiere Pro with animations made in Adobe After Effects. We mostly used smooth transitions and rarely transitioned the whole screen to make the video feel more coherent.

But we also didn't shy away from creating a stressful atmosphere to contrast it with the calm atmosphere of our app. This deliberate juxtaposition emphasizes the app's ability to provide reassurance and support in challenging caregiving situations.

14 SOURCES

Information Research
https://www.deutsche-alzheimer.de/
https://www.demenz-und-migration.de/
https://www.alzheimer-forschung.de/
https://www.alzheimer-forschung.de/alzheimer/wasistalzheimer/genetische-grundlagen/down-syndrom/#c13505

Five new innovations to support people living with dementia | Alzheimer's Society (alzheimers.org.uk) - https://www.alzheimers.org.uk/blog/innovative-products-support-people-affected-dementia
Artificial Intelligence for Caregivers of Persons With Alzheimer's Disease and Related Dementias: Systematic Literature Review - PMC (nih.gov) - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7471889/
Alzheimer's Caregivers Communication Board — Design Case Study | by DFA UCSD | Medium - https://medium.com/@dfa.ucsd/alzheimers-caregivers-communication-board-design-case-study-58b0bdd723f9

Target Group
https://www.sinus-institut.de/sinus-milieus/sinus-milieus-deutschland

Personas

Portraits

Emily - https://unsplash.com/de/fotos/lachelnde-frau-im-schwarzen-pelzmantel-5rQG1mib90I - by Jonathan Borba (@jonathanborba)
Michael - https://unsplash.com/de/fotos/ein-mann-mit-bart-WrLTvc401gQ - by Omar Ramadan (@omarvellous14)
John – Generated by DALL-E (ChatGPT 4.0)
Prompt: Generiere ein fotorealistischen und detailliertes Bild eines älteren Herren. Man soll Gesicht und einen Teil des Oberkörpers sehen können. Stimmung: ruhig, freundlich

Icons

Heart: https://www.flaticon.com/de/kostenloses-icon/liebesabzeichen_5527177?term=heart&page=1&position=54&origin=search&related_id=5527177
Statistics: https://www.flaticon.com/de/kostenloses-icon/statistik_6098057
Cake: https://www.flaticon.com/de/kostenloses-icon/kuchen_15377291?term=birthday&page=1&position=53&origin=search&related_id=15377291 -> In the end, I did it myself in Illustrator (based on the link)
Location: https://www.flaticon.com/de/kostenloses-icon/standortmarkierung_6388201?term=location&page=3&position=62&origin=search&related_id=6388201
Head: https://www.flaticon.com/de/kostenloses-icon/kopf_6154949?related_id=6154949
Working bag: https://www.flaticon.com/de/kostenloses-icon/koffer_6932440?term=job&page=1&position=56&origin=search&related_id=6932440

Wearable

Wearable: Originally Generated by Gemini
Prompt in Gemini: "A modern wearable bracelet especially for dementia patients, with a minimalist and serious design. The wristband is made of skin-friendly, elastic material and has no buckle, making it easy to put on. The display is seamlessly integrated into the wide wristband, without any noticeable edges or buttons. It only displays simple emojis or symbols and text like "Medication Reminder""
Adjustments: Adobe Photoshop – removed buckle-holes
Icons:
https://www.flaticon.com/free-icon/restaurant_1919608?term=eat&page=1&position=33&origin=search&related_id=1919608
https://www.flaticon.com/free-icon/heart_1077035?term=heart&page=1&position=1&origin=search&related_id=1077035
https://www.flaticon.com/de/kostenloses-icon/pille_483462?related_id=527050&origin=search

User Journey

Design: selfmade in Adobe Illustratior
Inspiration: https://www.alz.org/help-support/caregiving/daily-care/daily-care-plan
Emojis: https://emojikopieren.de/

Moodboard:

Images

https://www.freepik.com/premium-ai-image/pastel-color-tone-cute-cozy-minimal-style-living-room-with-furnitures_37163732.htm
https://www.misspompadour.de/thumbnail/26/da/34/1706268871/misspompadour-rosa-mit-braun-wohnzimmer-ai_800x800.jpg
https://www.schoener-wohnen-farbe.com/fileadmin/Bilder/colour-stories/240314-peach/swf-cs-peach-01.jpg
https://www.schoener-wohnen-farbe.com/fileadmin/Bilder/colour-stories/240314-peach/swf-cs-peach-04.jpg
https://trauerhilfe-bendixen.de/wp-content/uploads/2023/10/Trauerhilfe_Bendixen_Patientenverfuegung.jpg
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User Interfaces

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https://dribbble.com/shots/23953496-Cinema-Video-Streaming-Mobile-UI-Design
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Documentation Illustrations - Plugin Figma

Brainstorming: https://icons8.com/illustrations/illustration/6716a72a9193e50001474c3d
Personas: https://icons8.com/illustrations/illustration/667c0d07120346252057b78b
User Journey: https://icons8.com/illustrations/illustration/66b426bcd2b59a0001d6ab02
Paper Prototype: https://icons8.com/illustrations/illustration/67866e9de4b7ea0001a63060
User Testing: https://icons8.com/illustrations/illustration/66de8552af5aca739c5387d6
Moodboard: https://icons8.com/illustrations/illustration/66de4b89f2407a6ad64e6c3a
Styleguide: https://icons8.com/illustrations/illustration/66f45e9fc070330001b59890
Storyboard: https://icons8.com/illustrations/illustration/6716f4e7d4f201000d1cf2c3
Movie: https://icons8.com/illustrations/illustration/66facc5a491913000161dacb
Sources: https://icons8.com/illustrations/illustration/6716a72d9193e50001474c44

Movie

Stock Footage

Frame 1:

Woman cleaning - https://www.pexels.com/de-de/video/haus-morgen-kleider-sauber-4169284/
Elderly woman thinking - https://www.pexels.com/de-de/video/person-frau-zimmer-denken-8165134/
Woman working with kids - https://videos.pexels.com/video-files/4540693/4540693-hd_1920_1080_25fps.mp4
Elderly woman thinking 2 - https://videos.pexels.com/video-files/8165491/8165491-hd_1920_1080_30fps.mp4

Frame 3:

Eldery man outside with a wearable - https://www.freepik.com/free-video/low-angle-view-senior-man-with-grey-hair-moustache-walking-forest-touching-screen-fitness-wristwatch_170856#fromView=search&page=1&position=0&uuid=dabacbad-d32e-4e43-81c2-2a975cf27b4e

Frame 4:

Young woman on phone - https://videos.pexels.com/video-files/7550765/7550765-hd_1080_1920_30fps.mp4
Mother with sick kid - https://videos.pexels.com/video-files/8375437/8375437-hd_2048_1080_25fps.mp4

Frame 5:

Elderly woman in distress - https://videos.pexels.com/video-files/8165505/8165505-hd_1080_1920_30fps.mp4
Woman on phone at work - https://videos.pexels.com/video-files/4629179/4629179-hd_1920_1080_25fps.mp4

Frame 6:

Elderly man in bed - https://videos.pexels.com/video-files/8860231/8860231-hd_2048_1080_25fps.mp4
Elderly couple walking - https://videos.pexels.com/video-files/5642503/5642503-hd_1920_1080_30fps.mp4

Frame 7:

Elderly woman grocery shopping - https://videos.pexels.com/video-files/8420771/8420771-uhd_2560_1440_25fps.mp4

Frame 8:

Young and elderly women side by side - https://videos.pexels.com/video-files/8526629/8526629-uhd_2160_4096_25fps.mp4
Family dinner - https://videos.pexels.com/video-files/3198216/3198216-hd_1920_1080_25fps.mp4
Young and elderly women celebrating - https://videos.pexels.com/video-files/5704898/5704898-hd_1080_1920_24fps.mp4
Family dinner 2 - https://videos.pexels.com/video-files/5616713/5616713-hd_1920_1080_25fps.mp4

Sound

Intro: https://www.epidemicsound.com/track/HsizS9O2SI/
Main-Part: https://www.epidemicsound.com/track/5NPH430mzD/