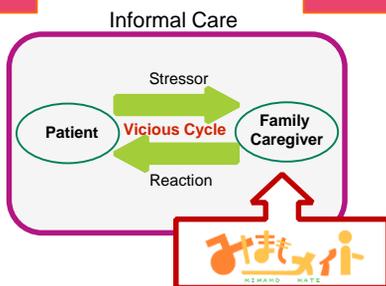


Abstract

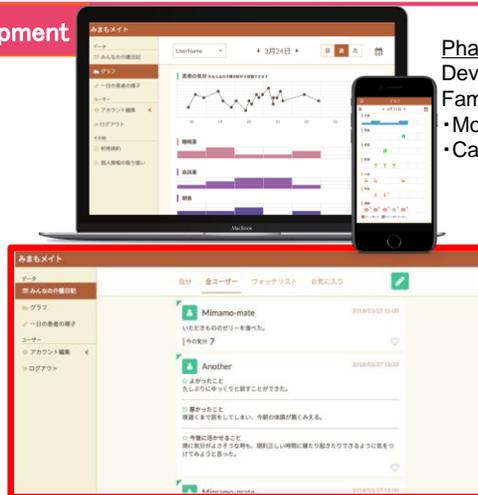
Previous research has shown that tracking technologies have the potential to help family caregivers optimize their coping strategies and improve their relationships with care recipients. In this research, we explore how **sharing the tracked data** (i.e., caregiving journals and patient's conditions) with other family caregivers affects home care and family communication. Although previous works suggested that family caregivers may benefit from reading the records of others, sharing patients' private information might fuel negative feelings of surveillance and violation of trust for care recipients. To address this research question, we added a sharing feature to the previously developed tracking tool and deployed it for six weeks in the homes of 15 family caregivers who were caring for a depressed family member. Our findings show how the sharing feature attracted the attention of care recipients and **helped the family caregivers discuss sensitive issues with care recipients**.

Goal



Our goal is to design a tool that helps family caregivers improve their care and communication with their care recipients at home.

Development



Phase 1

Development of a tracking tool.
Family caregivers record:
• Mood & activities of the patients
• Caregiving activities

Phase 2

• Add a **sharing** feature to the tracking tool
• Can **read others'** records.

Study

To investigate how information sharing about care recipients by family caregivers impacts **family communication**

Hypotheses:

1. Learn from other records
2. Gain emotional support
3. Conflict between caregiver-care recipient

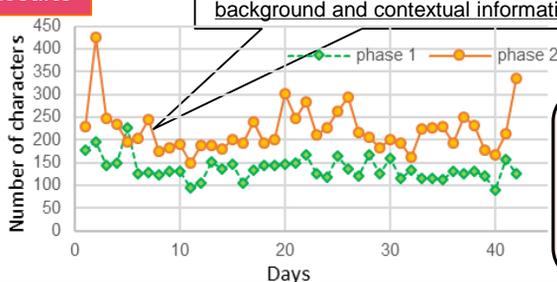
Participants (family caregivers):

- 14 adults that care for a depressed family member
- 11 women, 3 male, average age 43
- 6 housewives, 6 full-time employees, 2 self-employed

Patient condition:

- Onset of illness: On average, 8yrs ago, 8 experienced a relapse
- All take antidepressants, all given regular consultation

Results



Hypotheses 1 & 2: Supported.
Participants reported improvement of their coping strategies by learning from others. Hypotheses 3: Not supported.

Increased caregiver-care recipient communication

- Others' records triggered communication about depression
 - Care recipients suggested what to write on caregiving journal
 - Caregivers indirectly expressed feelings to care recipients
- **Importance of supporting indirect communication**

References

- [1] N. Yamashita, H. Kuzuoka, T. Kudo, K. Hirata, E. Aramaki, K. Hattori, "How Information Sharing about Care Recipients by Family Caregivers Impacts Family Communication," in *Proc. ACM Conference on Human Factors in Computing Systems (CHI)*, 2018.
- [2] N. Yamashita, H. Kuzuoka, K. Hirata, T. Kudo, E. Aramaki, K. Hattori, "Changing Moods: How Manual Tracking by Family Caregivers Improve Caring and Family Communication," in *Proc. ACM Conference on Human Factors in Computing Systems (CHI)*, 2017.

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