
How do you provide solutions for increasing wellbeing and day-to-day interactions in a busy family?

Insight

The stories of families bickering over fridges or monitoring remote family members well being brought up a general question around how you can use a better understanding of your environment as a way to foster day-to-day wellbeing in a family.

The problem space to explore than became:

How do you solve for mindful wellbeing in a family context?



Prototype Focusing

To start with the team focussed in on **family dinner arguing** as one of the key issues of day-to-day wellbeing in a household for busy families.

Exploring the problem

To explore the problem further the team conducted a quick brainstorm, as well as talked to a few family people at the workshop.

The problem was defined as 3 main things

- stress
- mood changes / having a bad day
- and arguments spiralling out of control

The Solution

A device that seamlessly exists in your room that can monitor your interactions through voice recognition and sounds.

It can detect, interrupt and calm down arguments.

It does this by detecting the loudness of conversation and if too loud, it abruptly interrupts any conversation by flashing lights and loudly playing an opera singers crescendo and then followed by the decrescendo of the piece to calm the souring dings down.

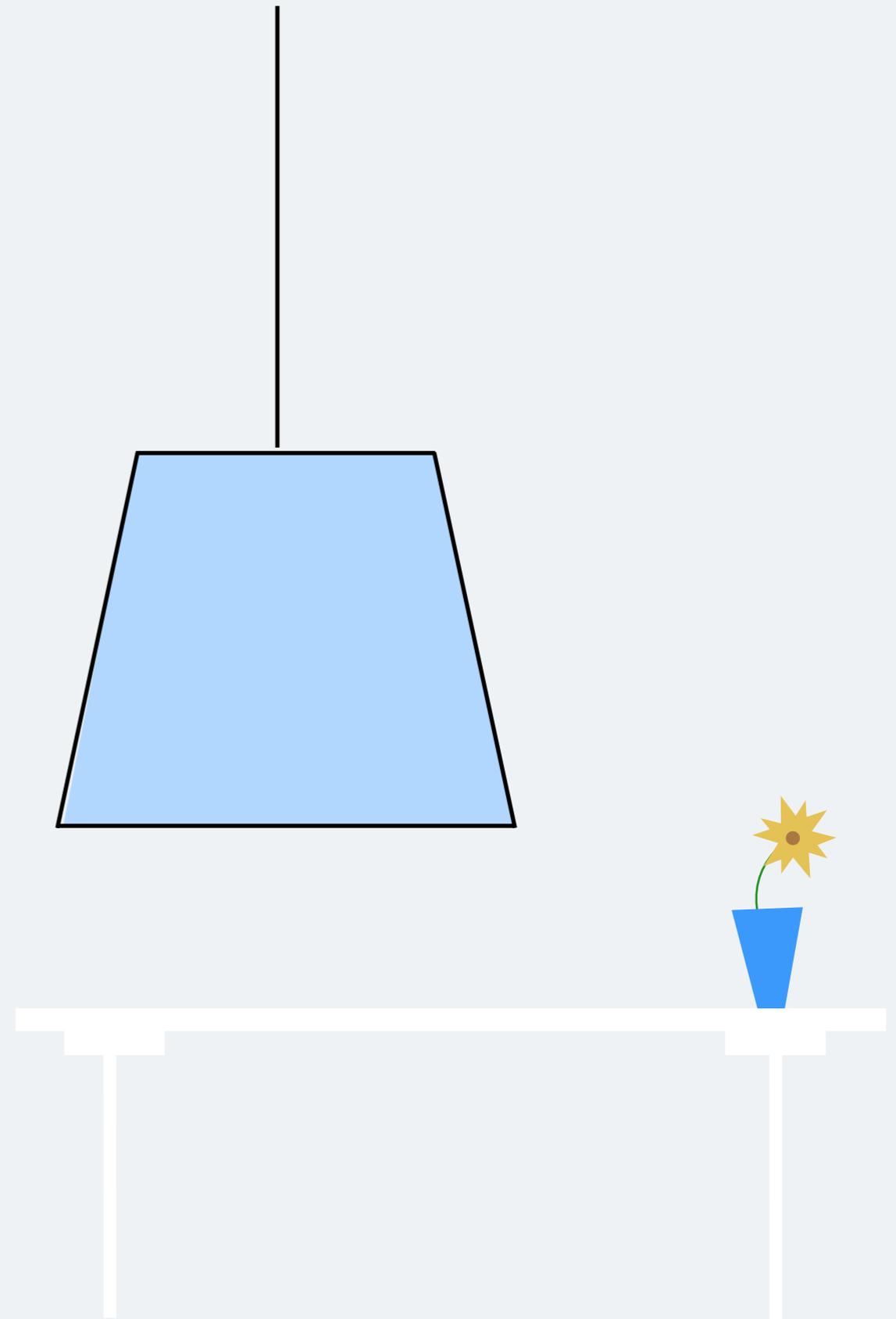
THE SHUTUPIFY™

4 design principles

- Natural to the family environment
- Portable
- Pretty

A lamp that seamlessly blends into the family space.

If triggered it abruptly interrupts any conversation by flashing lights and loudly playing an opera singers crescendo and then followed by the decrescendo of the piece to calm the souring dings down.





BIG LOUD FAMILY

Shutupify
noise



At dinner they always fight loudly!



Downstairs neighbours finally complain and suggest they try ShutUpify™



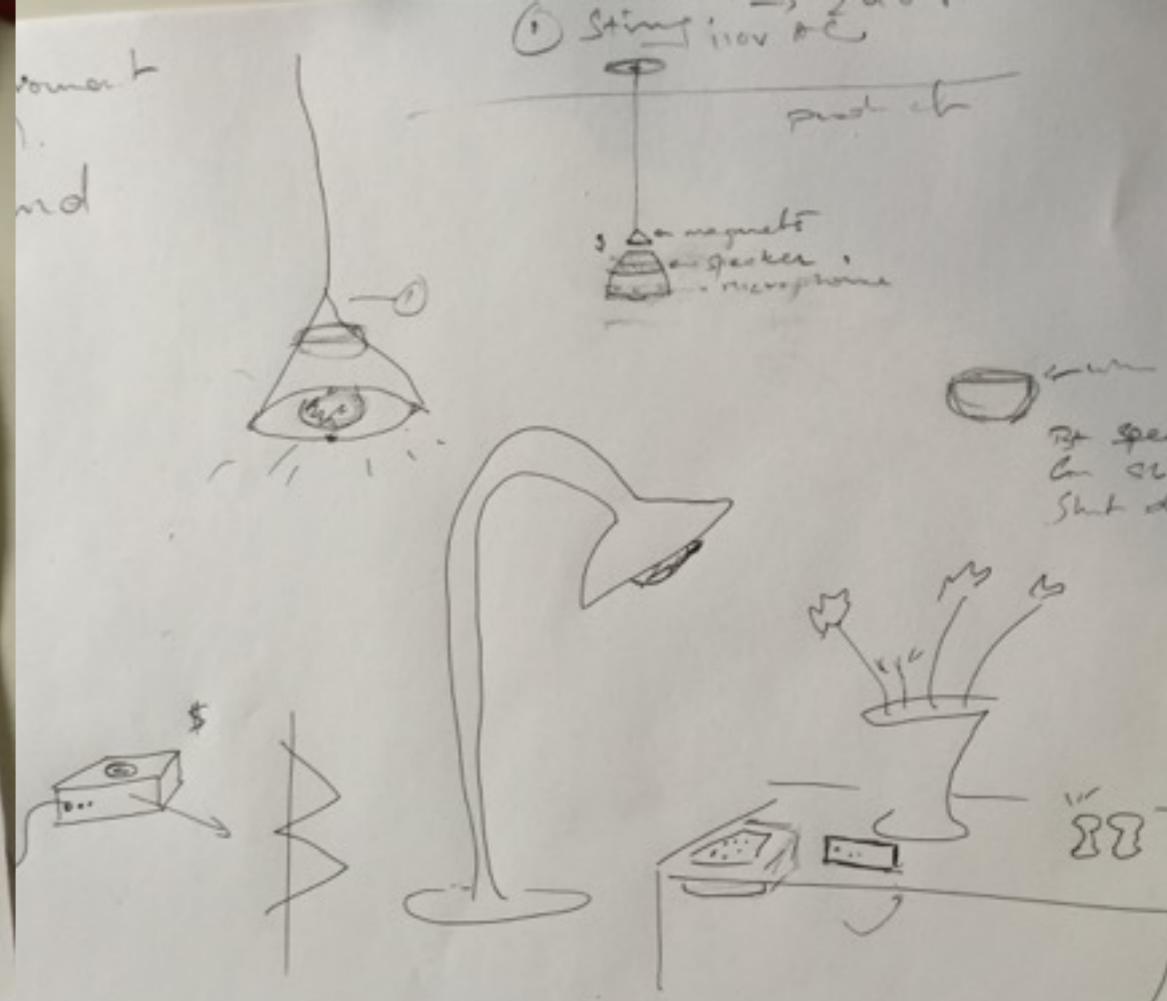
Dad installs it in the kitchen.



Next time family is fighting, Shutupify™ plays loud noise, eg. opera singer, to interrupt them.



Shutupify™ then plays ambient music while the family enjoys their dinner.



The questions we were left with

- How would a technology interrupt an argument without becoming obnoxious?
- Can we build a series of test products that will test how empathy can be helped in technology?
- How do you create a series of solutions or platform that can build on the empathy learnings that this AI will have?

The project we want to explore next...

Who

Busy families who want to have support for mindfully managing their day-to-day wellbeing.



Problem Statement

Busy families need a way to manage their wellbeing to provide them a way to mindfully understand their day-to-day interactions and behaviours.

Exploring the problem

To explore the problem further the team conducted a quick brainstorm, as well as talked to a few family people at the workshop.

The problem was defined as 3 main things

- Lack of **objective** intervention allows situation not to escalate
- Sometimes I just have **bad days**.
- We don't always talk nicely to each other.
- **I want a to create a better family relationship.**

The Solution

Can we create something that can help manage how people interact and communicate in the home, by providing a feeling of being in control along with objective intervention and mediation?

The Smart Home Mediator Bot

A device that seamlessly exists in your room.

- Monitors and tracks your in-home interactions (through voice and sound)
- Objectively mediates issues and incidents (through a Family Bot)

Monitoring and tracking



It can detect Words (good/bad), Tone of Voice (angry, sad, happy), Context of conversations (subjects), Loudness of conversation (decibel).

Allowing it to analyse:

- Negative incidents in the family (arguments, words, subjects)
- Positive incidents in the family (words, subjects, laughing, kissing)
- Individual relations to those individuals (voice detection)

It provides all of the information on a family dashboard.

Objective Mediation



When it detects incidents in the family, the Family Bot will reach out in either a family chat or a private chat, pending on the situation.

It will try to gain a better understanding of the situation from the family individuals involved and try to mediate. If it can't it will ask if it can reach out to family members who can help out.

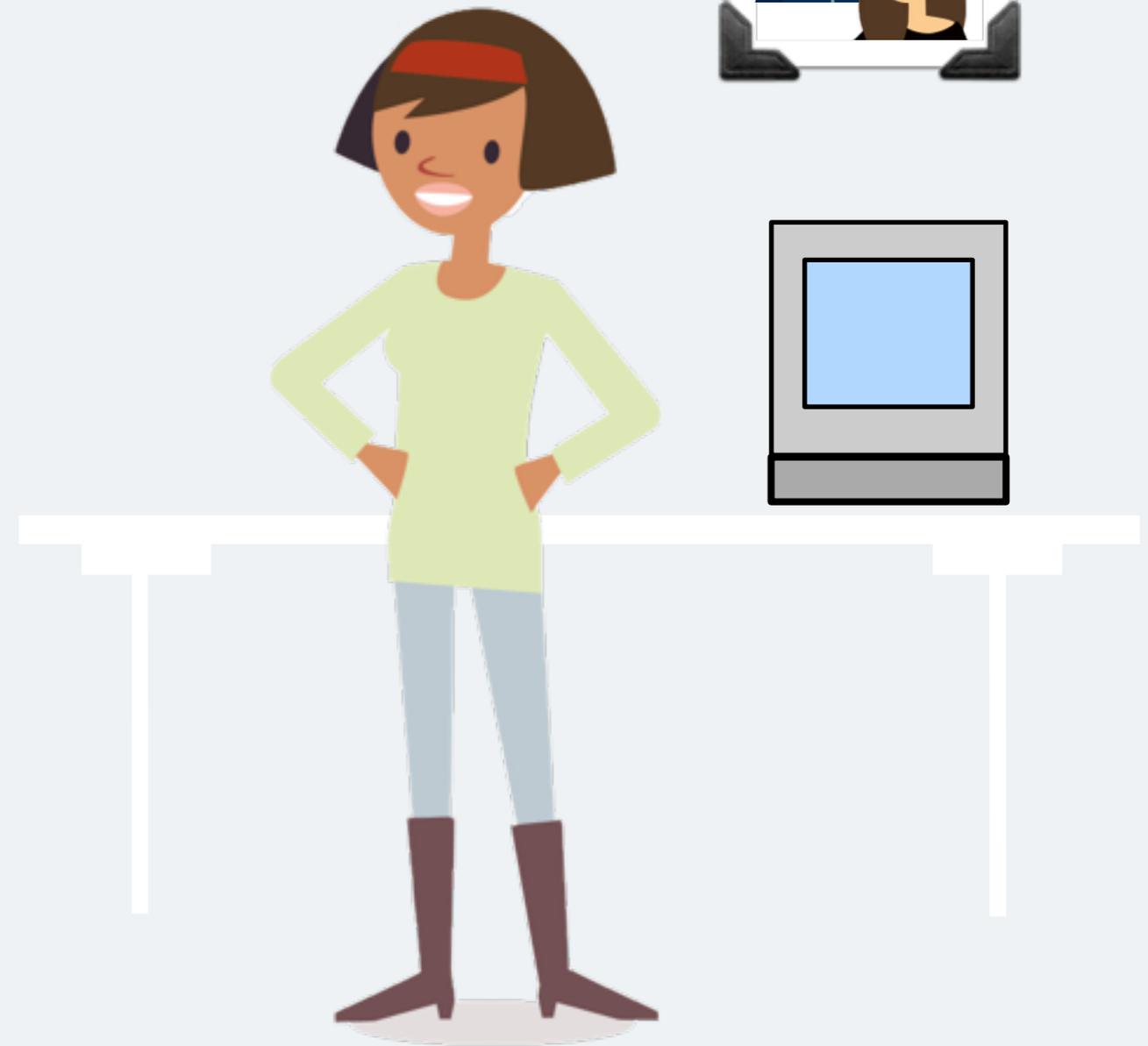
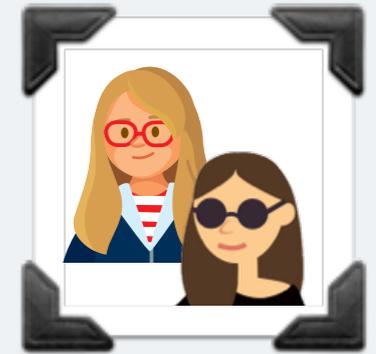
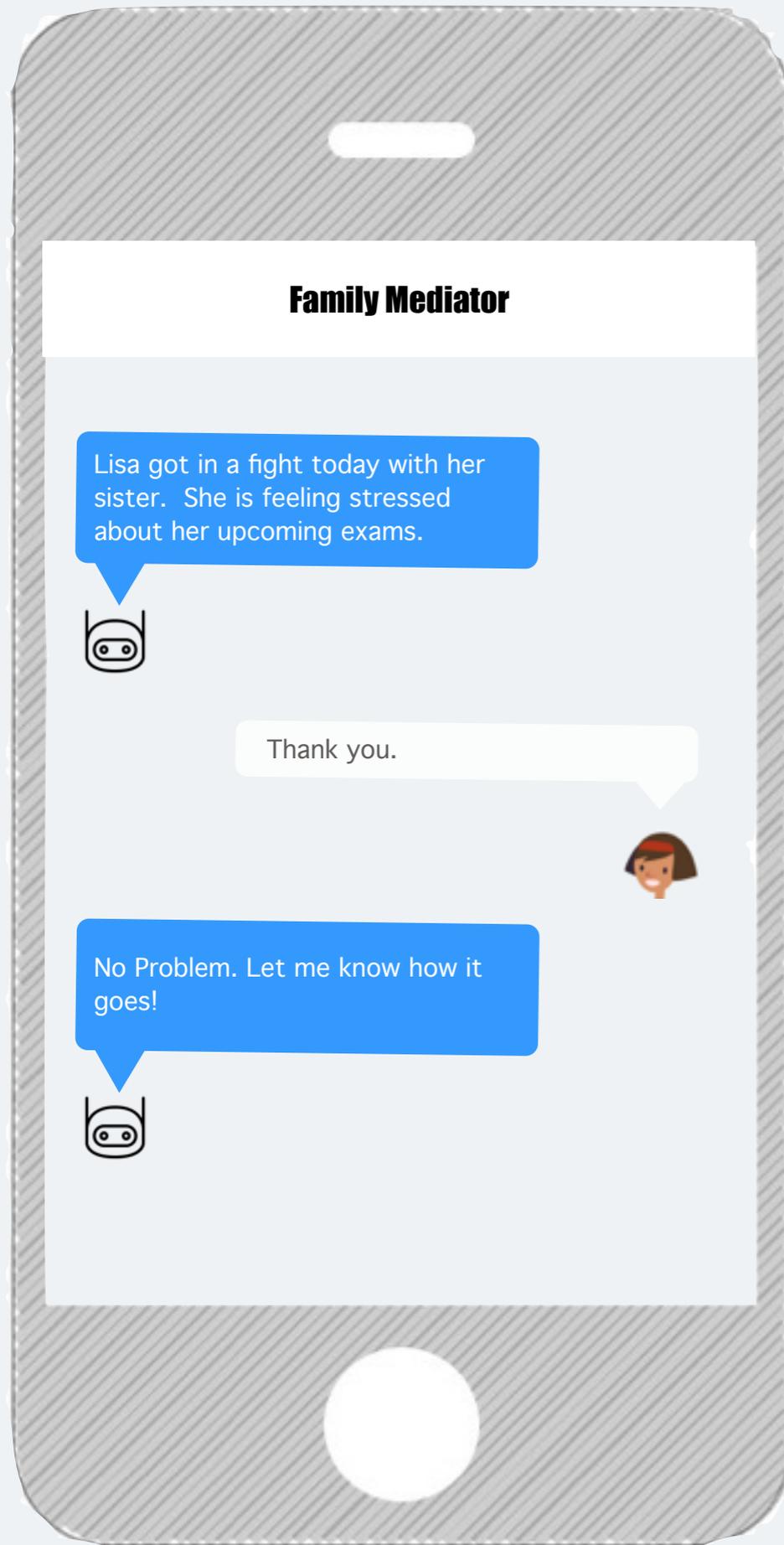
Overtime the family members can train the Family Bot to understand when they want intervention and how it best works for them.

Together this will provide the family with better ways of managing their day to day interactions and create a overall better family dynamics.

Meet the Swansons



One day just before leaving work.
Hilary gets a text alert from the
Family Bot on her phone...



Earlier the same day....

Family Mediator

Hi Lisa I've noticed you seem a bit agitated lately. How are you feeling?



Ok... it's just my exams



Ok. Hope it goes ok. I'll let the other know so they know to give you more space the next couple of days, is that ok?



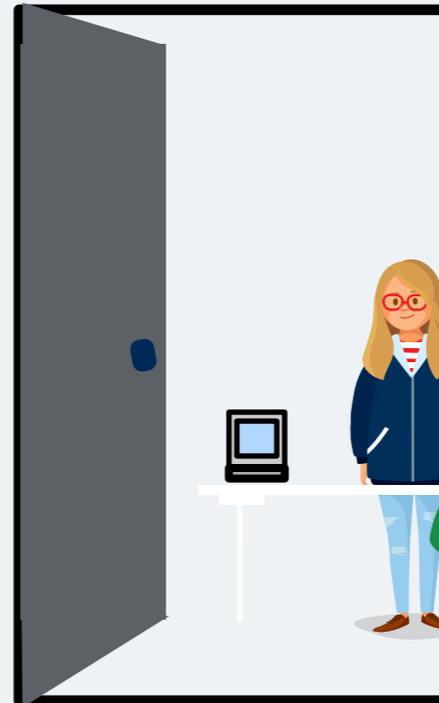
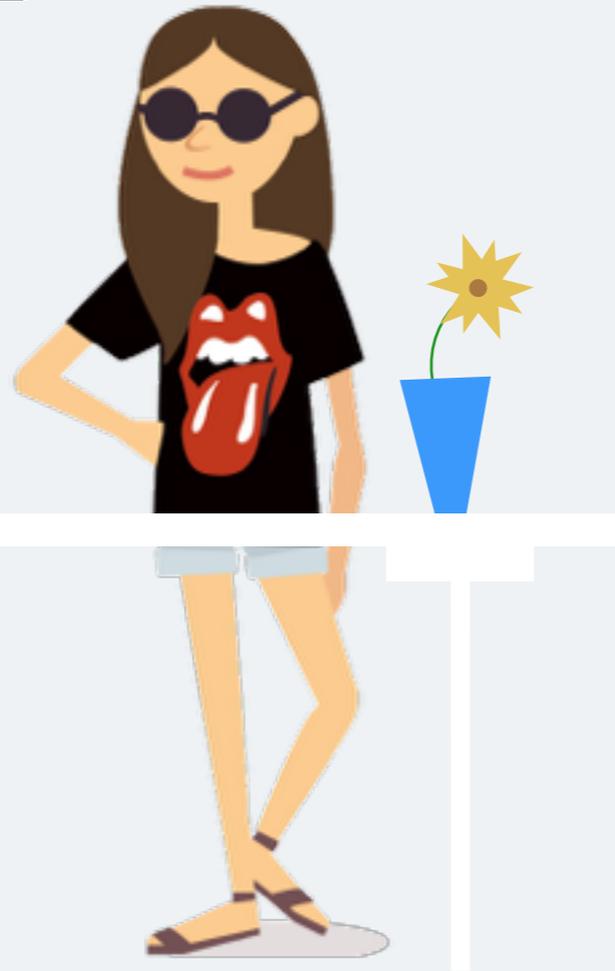
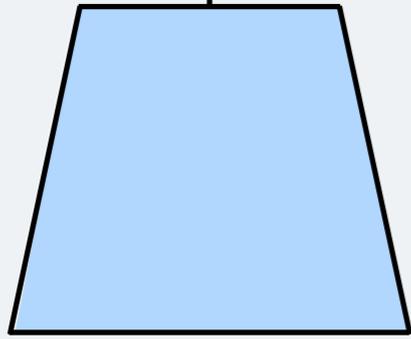
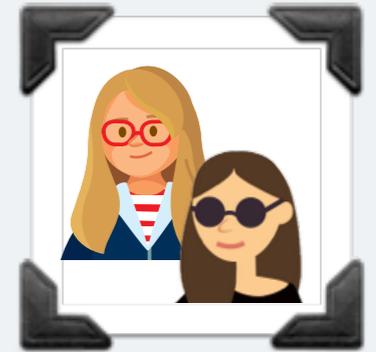
Yes, thank you.



I've let the others know. Take care of yourself.



Hilary gets home that day and sees that Lisa is in her room not interacting with the rest of the family.



She enters the daughters room to talk to her about the exams and how she's feeling.

They have a good talk and make a plan together for Lisa that can help her manage the stress a bit better.

The also get some laughs when Hilary talks about when she was in school and had studies so hard that she slept through the actual exam.

