FLOWY: rhythmic vibrations to manage AD(H)D

A SMART WRISTBAND THAT HELPS CHILDREN WITH AD(H)D TO LEAVE DISTRACTIONS BEHIND

Behavioral treatment shows long-term success among children with AD(H)D, but is often expensive and hard to bring into practice. Flowy is a wristband that supports behavioral interventions by giving rhythmic vibrations as reminders for behavioral change.

How does it work?
Rhythmic vibrations on the wrist have shown to have a calming effect, and can alert users to think of behavioral interventions. Different vibration patterns can foster self-regulating thoughts such as asking “Am I behaving as I intended to do?” or “Am I still focused?”. This increases the self-regulating ability of a child during individual tasks at school.

The concept
Flowy is designed like a buddy for children with AD(H)D. It is like a helping friend that motivates them to study longer. It also gives the child ownership of self-regulation, because it lets children create own vibration patterns for activities. This is realized by providing an app that brings the ‘buddy’ alive, explains self-regulation techniques and involves parents to monitor the process to create a positive reinforcement within the family.

The proof of concept has shown the feasibility and desirability of vibrating wearables to foster self-regulating behavior. This enhances behavioral therapies by educating families about AD(H)D, and bring exercises into practice with a device that is appealing to children.

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Plan
The child creates vibration patterns on an app, where he/she learns about AD(H)D and self-regulation techniques. Parents can monitor the course progress on their phone.

Do
In school, the child starts the wristband to help him/herself to increase focus. When working, it reminds to self planned interventions and gives positive feedback on focus streaks.

Review
Parents receive updates about their child’s study time and other activity, with the aim to maintain a healthy balance, and to reward the child.

The product package: a charger, tracker device, mobile app and replaceable charger feets and wristband.

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