

RecoveryGrow

Nicolas, Kimberly, Sharon, Crystal

About

While concussions directly impact one's physical health, mental and emotional impacts are often overlooked, with those recovering from concussions often expressing feelings of isolation and lowered perceptions of self. *RecoveryGrow* works to meet the emotional needs of individuals healing from concussions, providing a space for users to reflect on one's well-being and connect with others.

We envision *RecoveryGrow* being used on a regular basis by users, such that they can log their day-to-day symptoms and emotional wellbeing as they journey through concussion recovery.

In this prototype, users can experience what it is like to log how they are feeling, connect with others through recovery forums, and share their updates with those in their personal lives.

Tools

Our medium-fidelity prototype was constructed using Figma and can be accessed at <https://www.figma.com/file/HuUYZwKx5wGU7zNQsV2ggU/RECOVERY-BOARD-DESIGN-KIT?node-id=52910%3A94563>.

Limitations

One limitation for the usability of our app is that the visual component of the app makes it difficult for users with extreme concussions to engage with.

Similarly, we hardcoded the audio recording/playback interaction because our figma prototype does not have capacity for audio recording or back-end storage. And given that our prototype involves a hardcoded profile and content, the user is not able to craft their own profile and are not introduced through an onboarding process.

In future prototypes we hope to include an informative introduction to the app as users create their profiles. We also hope to introduce a notification system such that users are reminded to log their daily updates.