![Institute on Aging & Lifelong Health]

# THE **IALH UPDATE**

## In this issue:

## Activity River – A Personal Visualization Tool

IALH affiliate Charles Perin (Computer Science) and colleagues at the University of Calgary, the University of Toronto and Simon Fraser University have developed a digital personal visualization tool to help individuals plan and manage their time effectively. Calendars, to-do lists and diaries enable people to think about planned activities, assess their progress towards various goals and (to some extent) reassess how they can achieve their goals. Digital tools for these type of activities typically permit planning and logging of behaviours, but visualizations are often insufficient for engaging in self-reflection. This is important as self-reflection is a fundamental component of many time management strategies.

Activity River is a proof-of concept tool that allows individuals to plan, log, and reflect on self-defined activities. It was created using five design goals identified in the Information Visualization and Human-Computer Interaction literature, namely:
- Present historical data with an appropriate level of context;
- Facilitate comparison of goals and achievements;
- Engage individuals with delightful, pleasing and engaging visuals to encourage long-term use;
- Provide ways for individuals to author their life logs; and
- Enable flexible planning and logging.

Activity River is a web-based app that permits people to define, label and assign colours to activities they wish to keep track of (i.e., log). Individuals can be as specific or as vague as they wish when defining the activities they wish to track. They can plan their day by assigning activities to time slots. At the end of the day, they can fill in the activities that actually occurred. In addition to tracking planned activities, Activity River can be used to log activities on-the-go. As showin in the attached figure, activity waves are used to show planned and logged activities, duration bins are used to show the amount of time an individual allocated or spent on specific activities, and time slices are used to show the hours in a single day.
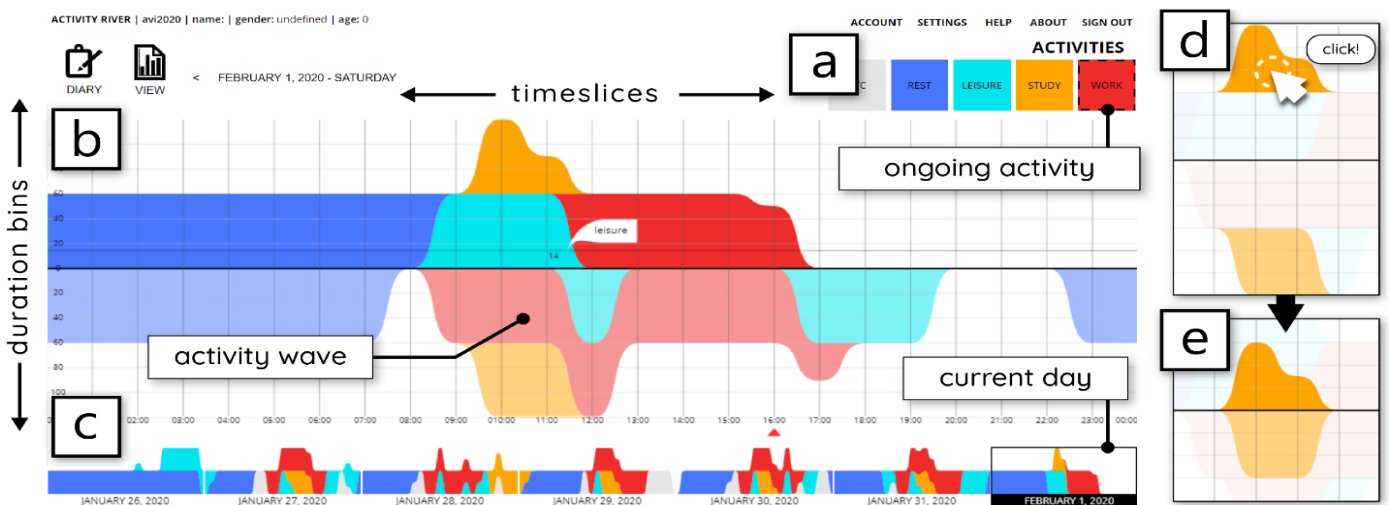


The research team conducted a role-play study to examine the strengths and limitations of their approach. Participants were asked to carry out activities (e.g., planning, altering schedules, etc.) using Activity River while role playing an imaginary student. Results indicated that Activity River can support a range of visual planning patterns thus enabling individuals to engage in continuous planning and reflection. The patterns

(continued from page 1)

included modifying when an activity was conducted (e.g., earlier or later in the day than initially anticipated) and adjusting how long it took to complete (e.g., more or less time than initially planned). The ability to modify planning patterns enabled participants to commit to planned activities as well as adapt to changes or unexpected events. Overall, the tool was well received by participants. The research team suggested that similar types of tools could be used in other contexts – for example, communicating about shared planning tasks or managing budgets.

For more information on Activity River, go to https://arxiv.org/pdf/2006.01353.pdf

# Congratulations

Congratulations to the following IALH affiliates who recently received funding through the BC SUPPORT Unit – Vancouver Island Centre:

- **Anthony Amato** (Masters student, Social Dimensions of Health) – *An Intersectional Examination of Discrimination and Social Support Among GBTQ2S+ Before and Throughout the Pandemic*
- **Coady Babin** (PhD student, Social Dimensions of Health) – *We are Here: LBTQ+ Women with Chronic Health Conditions Experiences in Canadian Healthcare Systems*
- **Jae-Yung Kwon** (Assistant Professor, Nursing) – *Personas to Understand the "Voices" of Older Adults with Cancer Through the Use of e-Patient-Reported Outcomes: COVID-19*
- **Jordan Monks** (Masters student, Social Dimensions of Health) – *Exploring the Social Determinants of Health Associated with STI [sexually transmitted infections] in Older Cis-Gender Women*
- **Audrey Tung** (PhD student, Geography) – *Narrative Exploration of the Experience of Racialized Youth Who Receive Mental Healthcare in Victoria BC*
- **Mattie Walker** (PhD student, Social Dimensions of Health) – *Exploring Safety in Trauma Support Contexts with Trans, Two-Spirit, and Nonbinary People in Island Health*
- **Alex Wells** (PhD student, Social Dimensions of Health) – *An Exploratory Study on the Role of LGBTQ2S Specific Recreational Sports in Canadian Healthcare Ecosystem*
- **Logan White** (Masters student, Social Dimensions of Health) – *Treating Substance Addiction/Dependence 2SLGBTQQIA with Psilocybin or LSD*

# Upcoming Events

## 5th Annual Biomedical Engineering and Health Science Showcase

November 29, 2021 virtual and in-person

This event will showcase Biomedical Engineering and Health Technology research at UVic. Industry, researchers, health professionals, government and faculty and students are invited to attend. Participants will have the opportunity to learn how to take novel technology from the lab through the tech transfer process to market. They will also be able to hear about cutting-edge biomedical technologies arising from UVic and state-of-the art facilities on campus.

For more information, contact Biomedical Engineering at bme.coord@uvic.ca.

To register, go to https://www.eventbrite.ca/e/5th-annual-biomedical-engineering-and-health-technology-showcase-tickets-190600740947

## 2021/2022 IALH Student Scholarship Awardees

January 20, 2022 1:00 pm via Zoom

IALH will be recognizing the 2021/2022 Student Scholarship recipients in late January. All of the recipients, who are IALH Student Affiliates, will provide a brief summary of their research. More information on this year's awardees will be provided in an upcoming issue of the *IALH Update* and on the IALH website (https://www.uvic.ca/research/centres/aging/). To register, go to https://tinyurl.com/IALHScholarships2022.

# Resources

## Pathways to Lifelong Health

IALH's recent public forum, *Pathways to Lifelong Health*, showcased the depth and breadth of IALH faculty and student affiliates. Recordings from the various sessions will be available on the Institute's YouTube channel in the coming weeks.

## Aspiration 2030

UVic has recently released *Aspiration 2030*, its new Research and Creative Works Strategy. The document highlights five overlapping areas where the university is uniquely positioned to make a difference. These include:

* Climate, environmental change and sustainability
* Health and wellness
* Indigenous-led scholarship
* Social justice and equity
* Technology and the human experience

For more information on this strategy, go to https://www.uvic.ca/research-innovation/strategic-initiatives/aspiration-2030/

# Research Opportunity

**RESEARCH STUDY:**

*Aging in Place with Google and Amazon*

**UNIVERSITY OF VICTORIA Political Science Department**

Call for volunteer participants: Focus Group on Smart Home Speakers

If you live in Canada, are of 65 years or older, and use a smart speaker such as Google Home, Google Nest Hub or Amazon Echo (Alexa), we would like to invite you to participate in a one-hour focus group. The conversation will take place online over Zoom on **Wednesday, November 24, 2021** in the afternoon.

Here, you will be asked to share your experiences with using your smart speaker in an informal group conversation setting. Some questions include: What do you use your smart speaker for? How often do you use it? Do you have any privacy or security concerns about using your smart speaker?

This project is affiliated with AGE-WELL, the Institute on Aging and Lifelong Health, as well as the Big Data Surveillance Project. Findings from this focus group will support dissertation research on aging in place with technology, conducted by Jessica Percy Campbell, a PhD candidate in the Political Science department at the University of Victoria.

Participant identity will be kept anonymous and participants have the right to withdraw from the research at any time.

Participants will receive a $20 Starbucks gift card via email.

If you may be interested in participating in this research on November 24th, 2021– please contact Jessica at jpercycampbell@uvic.ca.

The event will take place in the afternoon. The exact time will be selected according to participant availability.

Questions?

Contact:
Jessica Percy Campbell jpercycampbell@uvic.ca Dr. Colin Bennett (Supervisor) cjb@uvic.ca