

## **Project: Designing a Multilingual, Virtual Assistant–Guided App for Older Adults**

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*Welcome to my project team! I look forward to a productive semester working together.*

### **Required Core Functions**

#### **1. Virtual Assistant–Guided Mindfulness Program**

An AI-powered virtual human assistant will guide users through mindfulness sessions using simple, conversational interactions (AI chatbot). The program will consist of multiple structured sessions, with each session lasting approximately 10–20 minutes. For class project, students can complete one session as a demo.

#### **2. Multilingual Capability**

Users will be able to select their preferred language. The project will **begin with Korean as the initial language option**, with the design structured to support additional languages in the future.

#### **3. Optional Reminders and Check-Ins**

The app will include optional reminders or brief daily check-ins to encourage consistent participation in the program, while respecting user autonomy.

#### **4. Simple Progress Tracking**

The app will include simple progress tracking, such as session completion indicators, to help users monitor participation without creating cognitive or technological burden.

#### **5. Engagement Metrics**

The app will include basic **engagement metrics** to capture user interaction patterns, such as:

- Session completion rates
- Frequency of app use
- Time spent in mindfulness sessions

#### **6. Ticketed Troubleshooting Support**

The app will include a simple ticketed troubleshooting support function, allowing users to submit basic technical issues or questions. The design should prioritize:

- Clear instructions
- Minimal steps to submit a ticket
- Accessible language suitable for older adults

#### **7. Older Adult–Friendly Interface**

The app interface will be designed specifically for older adults, prioritizing:

- Clear and simple navigation
- Readable font sizes and high contrast
- Minimal steps to complete tasks