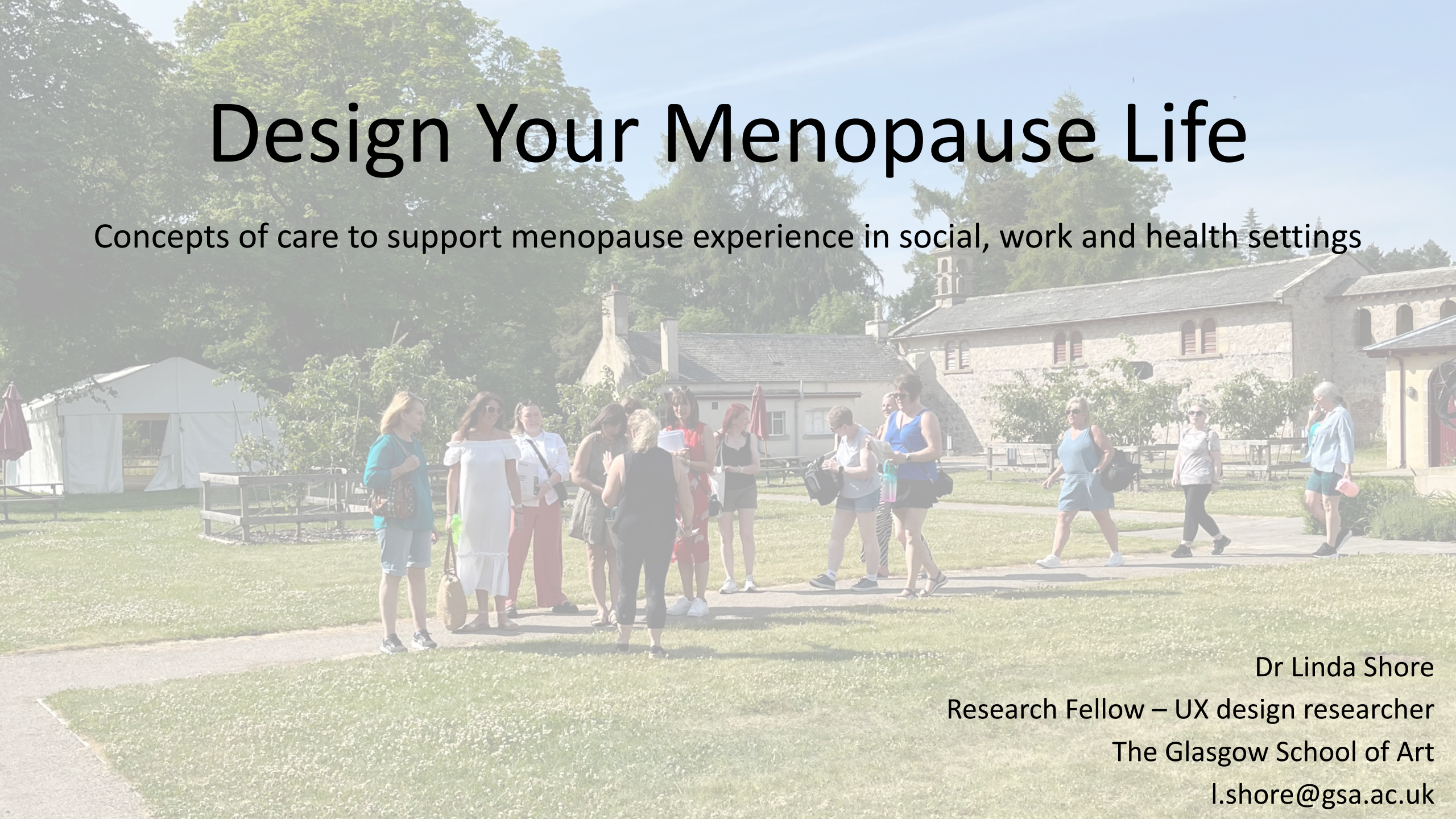


Design Your Menopause Life

Concepts of care to support menopause experience in social, work and health settings



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Design Your Menopause Life - DYML

GP practice and care has witnessed increased demand of 400% for menopause support.

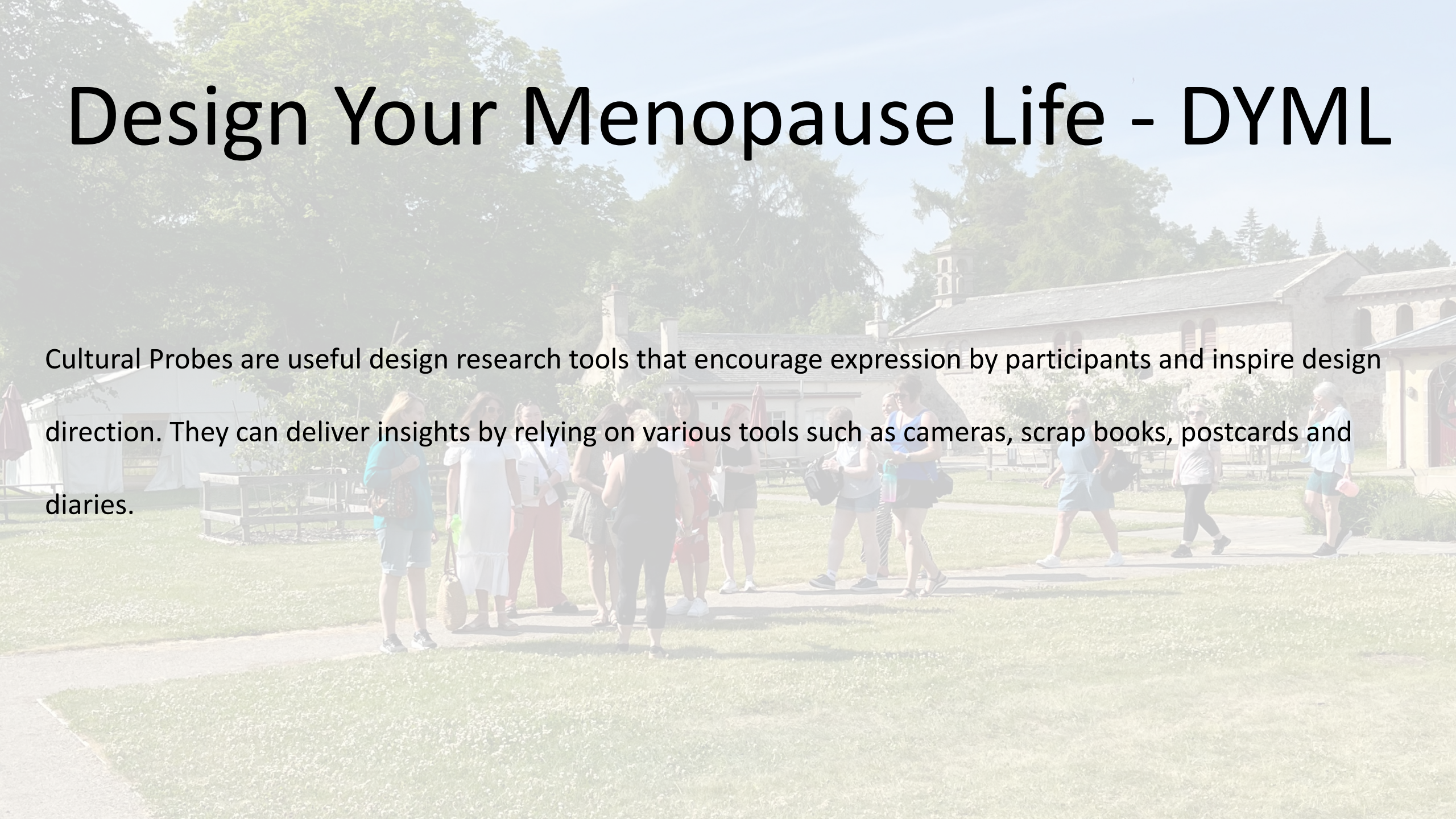
This research exemplifies how we can design solutions that can offset some of this demand by encouraging curiosity, care and self-awareness as part of a journey rather than a waiting list.

It is conceptualised as

- 1) An immersive event to attend in person
- 2) A series of online workshops as part of wellness and care HR approaches in the workplace for employees
- 3) A Digital Holistic Health Tool that is provided through GP Practice and engaged with by the person.

Design Your Menopause Life - DYML

Cultural Probes are useful design research tools that encourage expression by participants and inspire design direction. They can deliver insights by relying on various tools such as cameras, scrap books, postcards and diaries.

A group of approximately 15 women are walking along a paved path in a park-like setting. They are dressed in casual summer attire, including t-shirts, blouses, and shorts. In the background, there is a large, light-colored building with a prominent tower or steeple, surrounded by lush green trees. The scene is bright and sunny, suggesting a pleasant day outdoors.

Design Your Menopause Life - DYML

The cultural probes also provided great opportunity to relate the topic of menopause as a personal experience which appeared to be comfortably expressed through diarizing and documenting activity.

One of the major findings to this initial in person immersive event was how women are affected by menopause in various settings, socially, at work and health.

It is now conceived also as a digital cultural probe and evolved as part of a digital holistic health tool development for Primary Healthcare.

Feminine

ADJECTIVE – Feminine qualities and things relate to or are considered typical of women, in contrast to men.

- *Collins Dictionary*



Cultural Probe

Artifactuality

Take a picture or sketch an item or artifact that has been part of your menopause experience and describe how this has been a memorable or supportive or challenging aspect of your experience. Email this to l.shore@gsa.ac.uk

Writing space (Turn over for sketching space)

Cactus
 prickly moods shared between work colleagues common these
 was menopause
 Cactus comes from hot country - sweats
 Dryness => sexually dryness
 Flowering ^{knows} cactus - can bloom though the menopause can have
 good changes + I find exercise and shared talk about
 menopause with others made friendships didn't feel alone -
 exercise improved my health / mental health. Joint pain lessened.



Menopause a pathway to successful ageing - or NOT?

'Design your menopause life'



Up to 30 members of Moray Leisure Centre will attend Altyre Estate Forres for a day of creativity, exercise and energy sessions, expert talks on health and nutrition and some design activities to collaborate and document the lived experience relating to female life stage health and peri/menopause; to design a 'Moray Menofesto' informed by expression and **PhEMine** reflection.

Physical

When levels do you often feel with your energy levels at a range of times?

What are your go-to activities to your best state and sometimes regular?

When do you notice energy levels change or drop in a day?

When's your physical wellbeing been most good?

Why do you feel that way?

Emotional

When has the most challenging emotion been?

When has the most challenging emotion been?

When has the most challenging emotion been?

When has the most challenging emotion been?

Mental

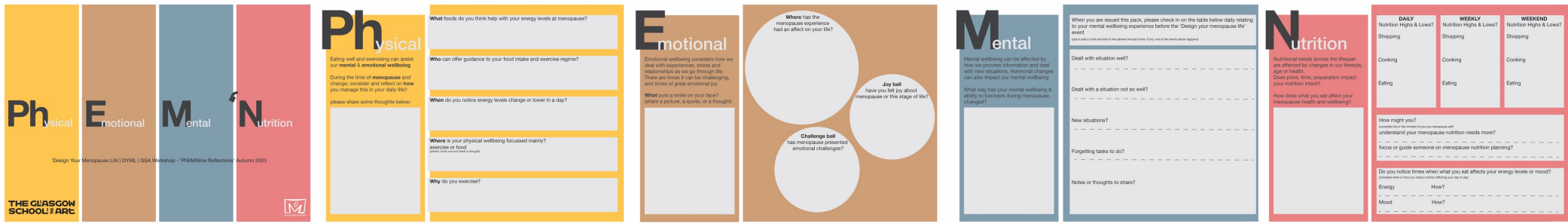
When's your mental wellbeing been most good?

When's your mental wellbeing been most good?

When's your mental wellbeing been most good?

When's your mental wellbeing been most good?

An immersive event to attend in person



Digital Cultural Probe

Artifactuality

Take a picture or sketch an item or artifact that has been part of your menopause experience and describe how this has been a memorable or supportive or challenging aspect of your experience. Email this to l.shore@gsa.ac.uk

Writing space (Turn over for sketching space)

PART OF MY PERI-MENOPAUSE EXPERIENCE

* KEY ITEMS TO 'SURVIVE' HEAVY BLEEDING *
DURING PERIODS (6 days).

App to track cycle
 measuring cup to track volume of loss + clots
 period pants for newflow + flooding
 1x per day (2-3 days) Pain relief
 1x per day (3 days) To help with blood loss.

Hot water bottle for pre-period cramps (endometriosis)

Menopause a pathway to successful ageing - or NOT?

'Design Your Menopause Life' - DYML

Fantastic wee series on Netflix that picked up on many of the themes discussed in the DYML series. <https://www.youtube.com/watch?v=8Mim29d>

Frame 1

Week 1 - conversational - Physical focus - Linda & Mel

What foods do you think help with your energy levels at menopause?

Who can offer guidance to your food intake and exercise regime?

Artifactuality

A series of online workshops as part of wellness and care HR approaches in the workplace for employees

Digital Holistic Health Tool



A Digital Holistic Health Tool that is provided through GP Practice and engaged with by the person.

Artifactuality

Artifactuality

Take a picture or sketch an item or artifact that has been part of your menopause experience and describe how this has been a memorable or supportive or challenging aspect of your experience. Email this to l.shore@gsa.ac.uk

Writing space (Turn over for sketching space)

Sketching space



INNOVATION
SCHOOL
THE GLASGOW
SCHOOL OF ART

PhEMiniNe Reflections



Physical

Emotional

Mental

Nutrition

'Design Your Menopause Life' | DYML | GSA Workshop - 'PhEMiNine Reflections' Autumn 2023

Ph ysical

Eating well and exercising can assist our **mental & emotional wellbeing**

During the time of **menopause** and change; consider and reflect on **how** you manage this in your daily life?

please share some thoughts below:



What foods do you think help with your energy levels at menopause?

Who can offer guidance to your food intake and exercise regime?

When do you notice energy levels change or lower in a day?

Where is your physical wellbeing focussed mainly?

exercise or food

(please circle one and share a thought)

Why do you exercise?

OWN
MY
NG WORLD!
awarrior!

Menopause a pathway to successful ageing - or NOT?

'Design Your Menopause Life' - DYML



GSA HR & 'Menopause' GSA would like to invite staff members to an online series of online events to 'Design Your Menopause Life'. There will be four online creativity, exercise, health and energy menopause-themed sessions with expert talks on health and nutrition and some design activities. We will collaborate, create and document the lived experience relating to female life stage health and perimenopause to design a 'Mendesta' informed by expression and PhEMille Reflection. You can share your 'Artifactuality' as we explore the quite individual experience and transitional stage of life.



THE GIRSGOM SCHOOL FARE +



Fantastic wee series on Netflix that picked up on many of the themes discussed in the DYML series. <https://www.youtube.com/watch?v=it-8Mim29bl>

Frame 1

Week 1 - conversational - Physical focus - Linda & Mel

"I was delighted to hear about this initiative in Moray and surprised it is not used anywhere else. I have taken elements of this to introduce to my fitness to improve fitness and wellbeing. Can we see more of this in other areas of Scotland?"

Design Your Menopause Life
Events with GSA - November 2023

Reflection and evaluation

rate and share experiences, and to allow us to share what 'Design Your

be most helpful to capture expression and thoughts from you. If there
e to make, that's ok, please just ignore and complete the sections you

I return this feedback to L.shore@gpa.ac.uk

e slides from Grant and Claire available, if you can't make today's
ome thoughts to the various sections?

URLhgFYw/2share_book_id=550492492896



Who can offer guidance to your food intake and exercise regime?

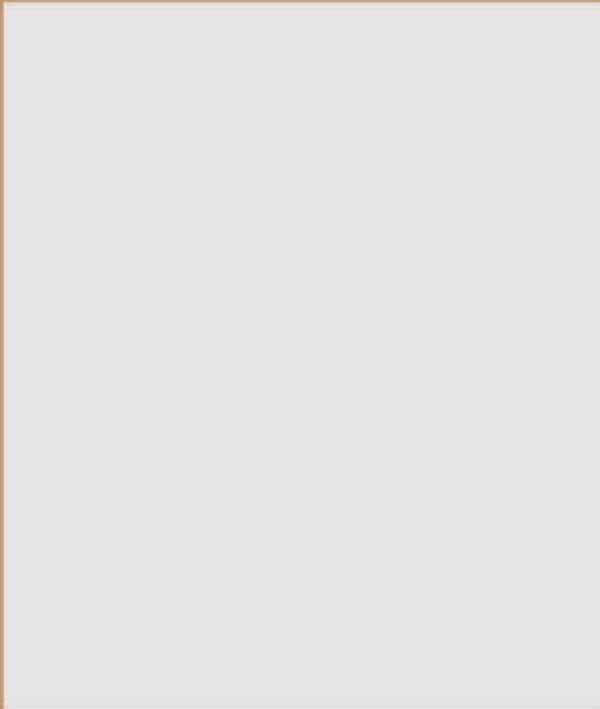


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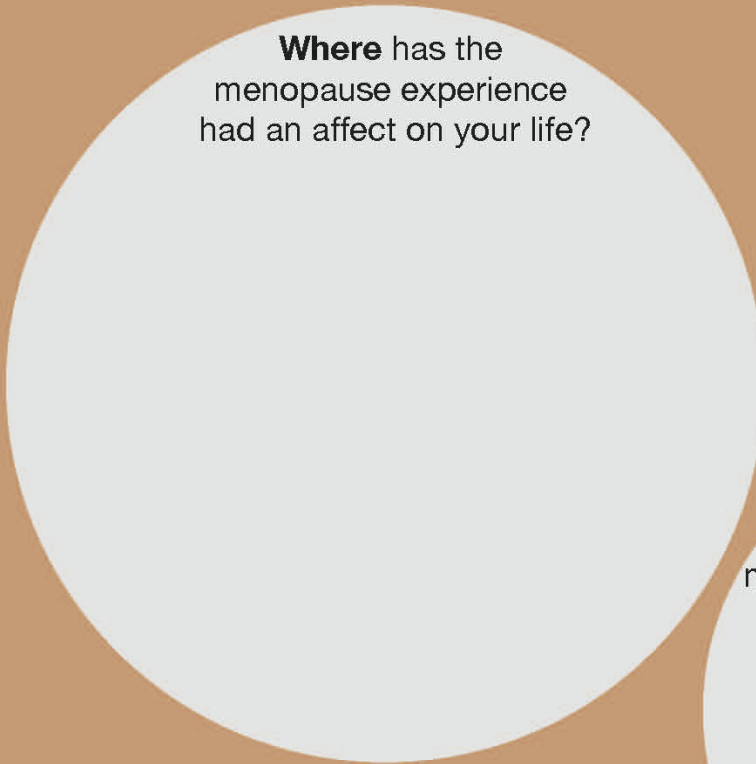
motional

Emotional wellbeing considers how we deal with experiences, stress and relationships as we go through life. There are times it can be challenging, and times of great emotional joy

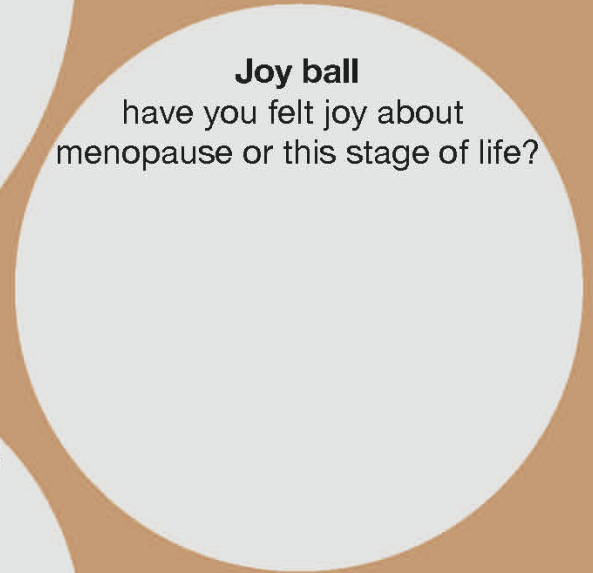
What puts a smile on your face?
(share a picture, a quote, or a thought)



Where has the
menopause experience
had an affect on your life?




Joy ball
have you felt joy about
menopause or this stage of life?



Challenge ball
has menopause presented
emotional challenges?





“I think to know that you are not alone for this journey is key. That there is a community that can be there to share, to listen and to offer some sisterly advice. It also has provided conversation with my sisters and my partner.”

Mental

Mental wellbeing can be affected by how we process information and deal with new situations. Hormonal changes can also impact our mental wellbeing

What way has your mental wellbeing & ability to live/work during menopause changed?

When you are issued this pack, please check in on the table below daily relating to your mental wellbeing experience before the 'Design your menopause life' event

(use to add a circle and add to the dashed line each time; if any, one of the events below happens)

Dealt with situation well?

- - - - -

Dealt with a situation not so well?

- - - - -

New situations?

- - - - -

Forgetting tasks to do?

- - - - -

Notes or thoughts to share?

Artfactuality

Take a picture or sketch an item or artifact that has been part of your menopause experience and describe how this has been a memorable or supportive or challenging aspect of your experience. Email this to l.shore@gsa.ac.uk

Writing space (Turn over for sketching space)

CHALLENGES
My perimenopause started in my late 40's when I noticed a major change in my energy levels, my memory was fading to the point where I couldn't hold a thought in my head and my mood swings got bad and one day I was so low I considered taking my own life. I saw the doctor who put me on DESOGESTEROL which was a godsend, as I wasn't so abusive to my husband. Exercise has also been important in my later years, walking outside is my favourite and I love keeping track of it all, my artistic old lady brain has been helped with a bullet journal where I keep my memory in check and lots of lists so these have been my life savers these past few years

"It was really nice to meet with other women across campus going through similar issues."

Nutrition

Nutritional needs across the lifespan are affected by changes in our lifestyle, age or health.

Does price, time, preparation impact your nutrition intent?

How does what you eat affect your menopause health and wellbeing?

DAILY
Nutrition Highs & Lows?
Shopping
Cooking
Eating

WEEKLY
Nutrition Highs & Lows?
Shopping
Cooking
Eating

WEEKEND
Nutrition Highs & Lows?
Shopping
Cooking
Eating

How might you?

(complete this in the mindset of your pre menopause self)

understand your menopause nutrition needs more?


focus or guide someone on menopause nutrition planning?

Do you notice times when what you eat affects your energy levels or mood?

(complete when or how you notice nutrition affecting your day to day)

Energy How?

Mood How?

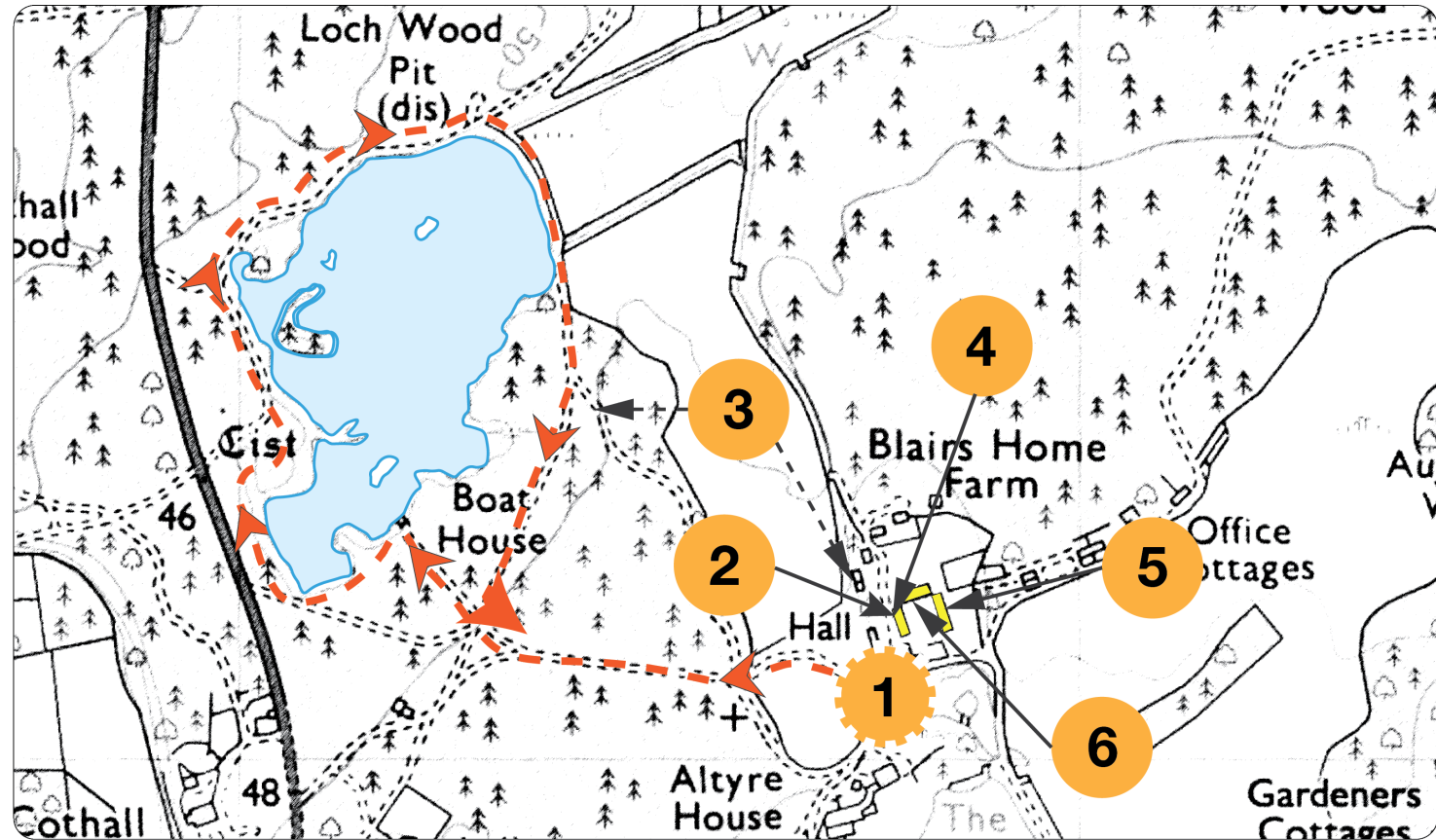
A table set for a meal with various dishes, including bread, salads, and flowers. The table is covered with a patterned tablecloth. There are several plates of food, including what looks like a salad, a bread basket, and some flowers. The lighting is warm and the atmosphere is cozy.

“Yes, I have made positive changes to exercise, eating and self-care. I know a lot of this already; but initiatives fall by wayside

In the new year I plan to introduce weight training, eat better for menopause and try to get a little fitter. I am not terrifically challenged yet by the menopause but I do wonder if HRT could benefit me in some way and will explore this with my GP. Thank you for arranging this for us.”

Design Your Menopause Life | Event Visualisation June 2023

Immersive,
In-person
Event



Workplace
online series
of
workshops

Menopause - a pathway to successful ageing - or NOT?

‘Design Your Menopause Life’ - DYML



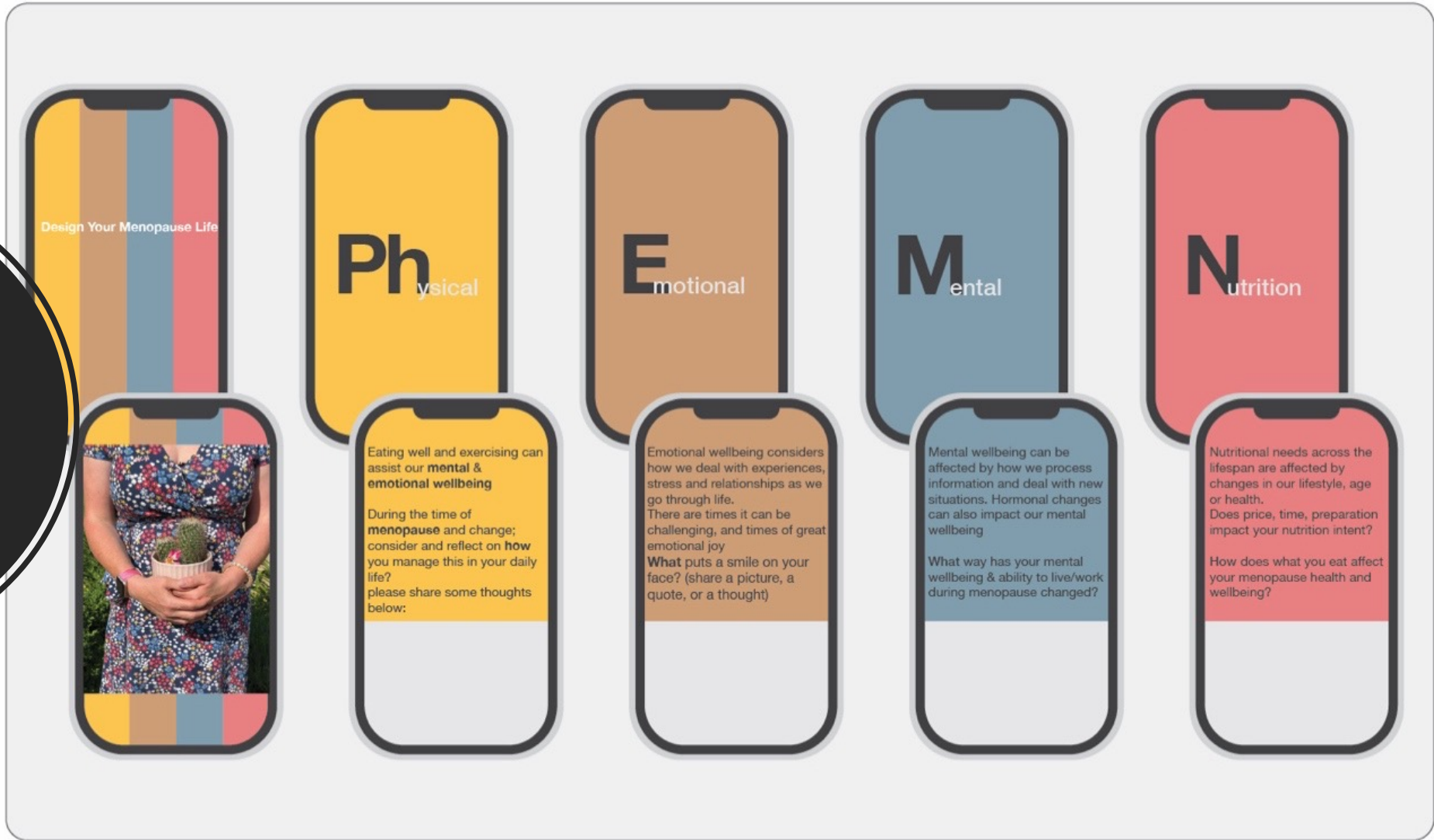
GSA HR & ‘Menospace’ GSA would like to invite staff members to an series of online events in November to ‘**Design Your Menopause Life**’. There will be **four X two hour** creativity, exercise, health and energy menopause themed sessions with expert talks on health and nutrition and some design activities. We will collaborate, create and document the lived experience relating to female life stage health and peri/menopause; to design a ‘**Menofesto**’ informed by expression and **PhEM’niNe Reflection**. You can share your ‘**Artifactuality**’ as we explore this quite individual experience and transitional stage of life.



Design Your Menopause Life | Tool development wireframe

Remote and Rural Health & Wellbeing

Primary Care
and Health



Design Your Menopause Life!

The Digital Holistic Health Tool once adopted can be utilised to self-diarise but also receive information as a part of the journey.

It would document the story of the person and identify through AI recurring themes that once the person does attend an appointment with the menopause specialist in the practice there is a clear view of an individual's menopause experience and provision to probe or enquire to tailoring solutions that assist e.g., HRT or lifestyle changes/planning. It identifies this through 'PhEMiniNe Reflections' (Ph – Physical Wellbeing, E – Emotional Wellbeing, M – Mental wellbeing, N – Nutrition wellbeing)

Innovation Opportunity – Digital Holistic Health Tool

This Digital Holistic Health Tool could be adapted to include other conditions that do not always require to be medicalised and can often be supported as part of a person's healthspan and journey, e.g., low level mental health, pregnancy, pre-diabetes, post-stroke recovery, endometriosis.

By understanding over a period, how someone experiences symptoms, motivations challenges etc, we may more efficiently support recovery or direction to autonomous health management that can be supported.

Design Your Menopause Life

Thank You – Questions?

Upcoming publications:

'Design Your Menopause Life' as a Pathway to Successful Ageing (due to be presented at DRS 24 in Boston, USA)

Breathe, Eat, Sleep, Move & GROW! – a kinetic chain approach to designing for healthcare futures. (submitted to 37th International BCS HCI Conference)

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