REFLECTIVE LISTENING
simple behavior designs deployed in people's homes

daily check ins – easy to do, gets people talking

audio diary – hearing thoughts reflected back can be therapeutic

We need:
validate behaviours
more prototypes

simple discussion – prompts and questions support self reflection

By 2050 there will be 2 billion people over the age of 60.

Loneliness affects > 10% of people over 65.

Social robots can positively impact mood.

Social robots could help older adults feel less lonely!

short term pilot testing
long term deployment