

ANTONIO A-TJAK VIZIR





A HEALTHCARE PERSPECTIVE ON BALANCED LIVING DESIGN 4 HEALTHY BEHAVIOUR

U CREATE  **WE CONNECT**

CENTRE OF EXPERTISE
FUTURE HEALTH DESIGN

BETTER TOOLS EXAMINE THE INVISIBLE

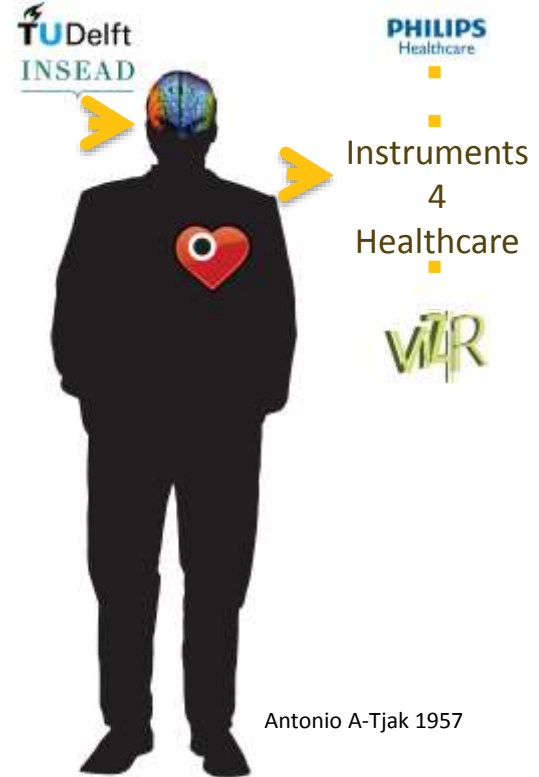
Instruments for diagnostics and therapy

Medical design

- Narrow focus: pathology - *patterns in cells & organs*

Vitality Care design

- Broad focus: pathology – *patterns in the way we live*

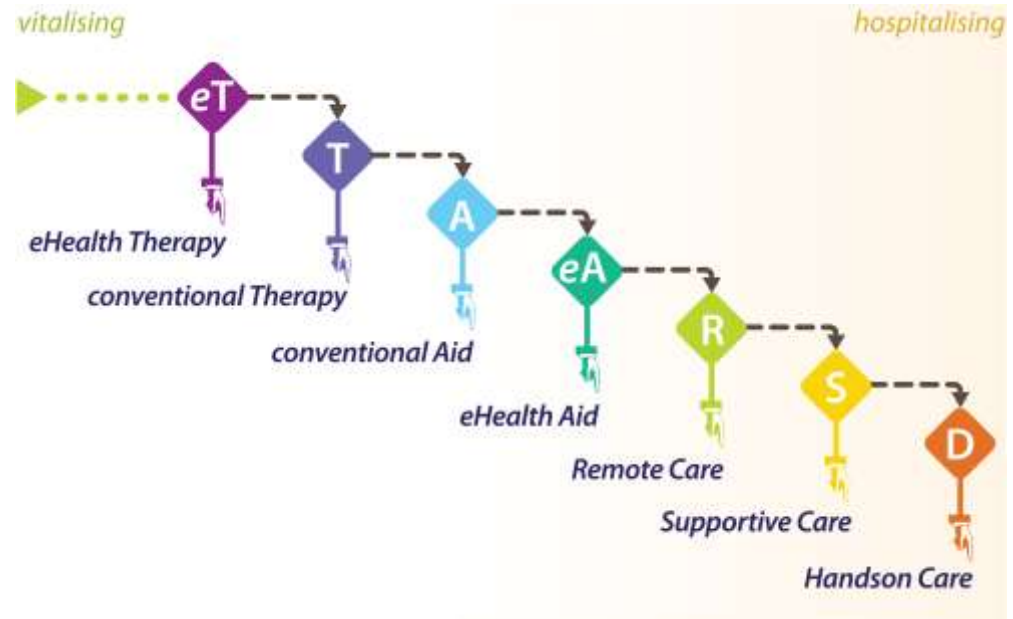


VITALISING CARE

Empowers our autonomy

... to do what we want and can
do ourself (now + future)

- From left to right:
Less vitalising support
Fewer innovations



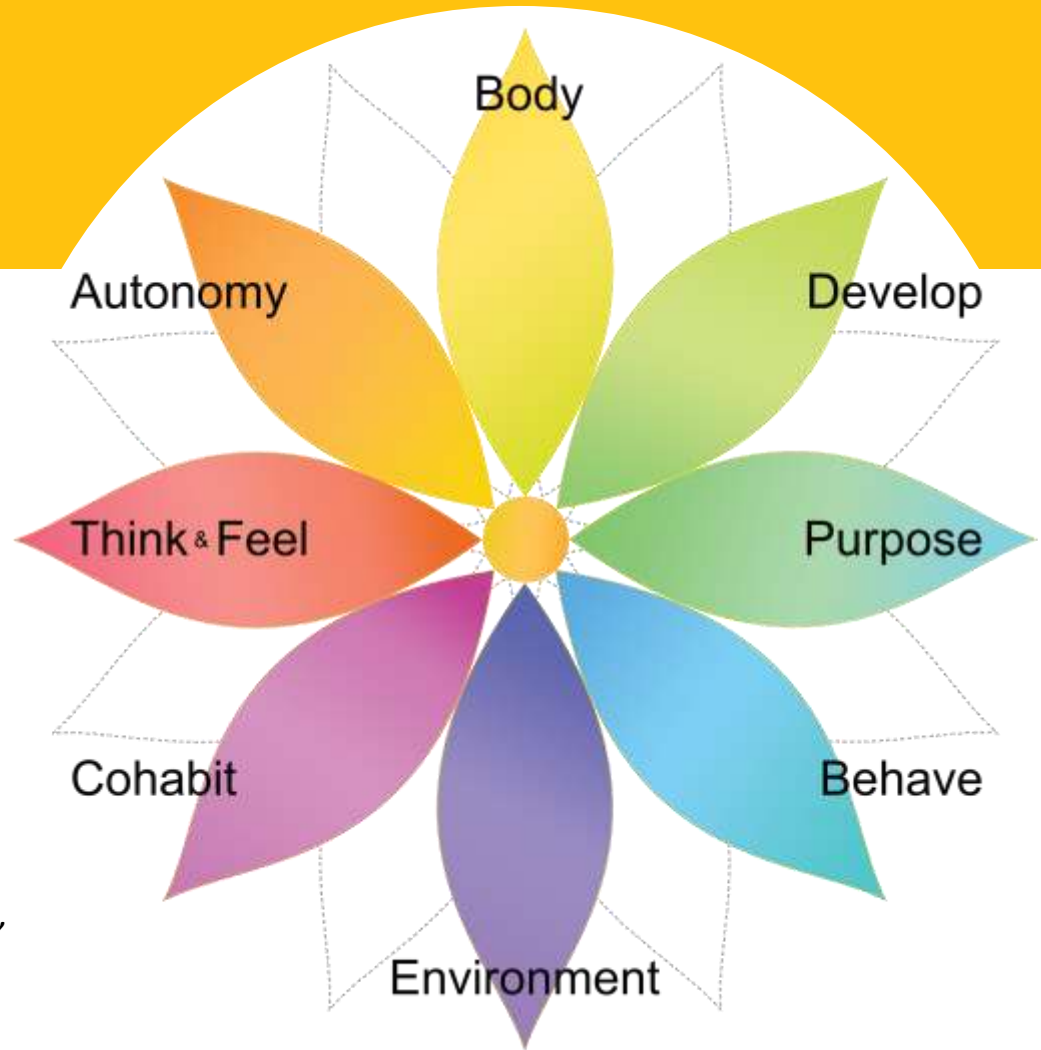
VITALITY

A conceptual framework

- Organizing principle
- Needs <Questions > Solutions
- All aspects are HEALTH related

Purpose:

how do we organize new aids and interventions, so they will be found and used.



JORAM PARTICIPANT (19)

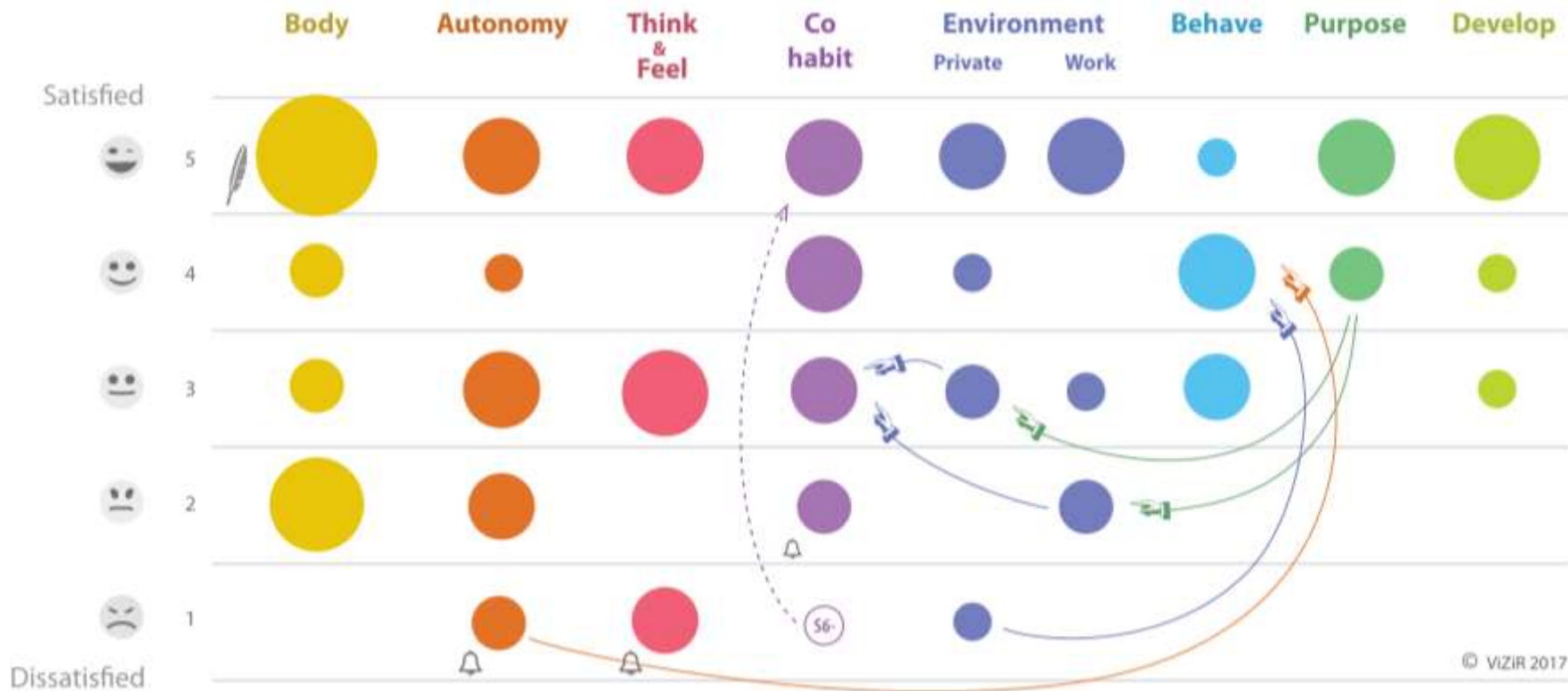
A true story



SNAPSHOT JORAM'S VITALITY

Vitality score chart

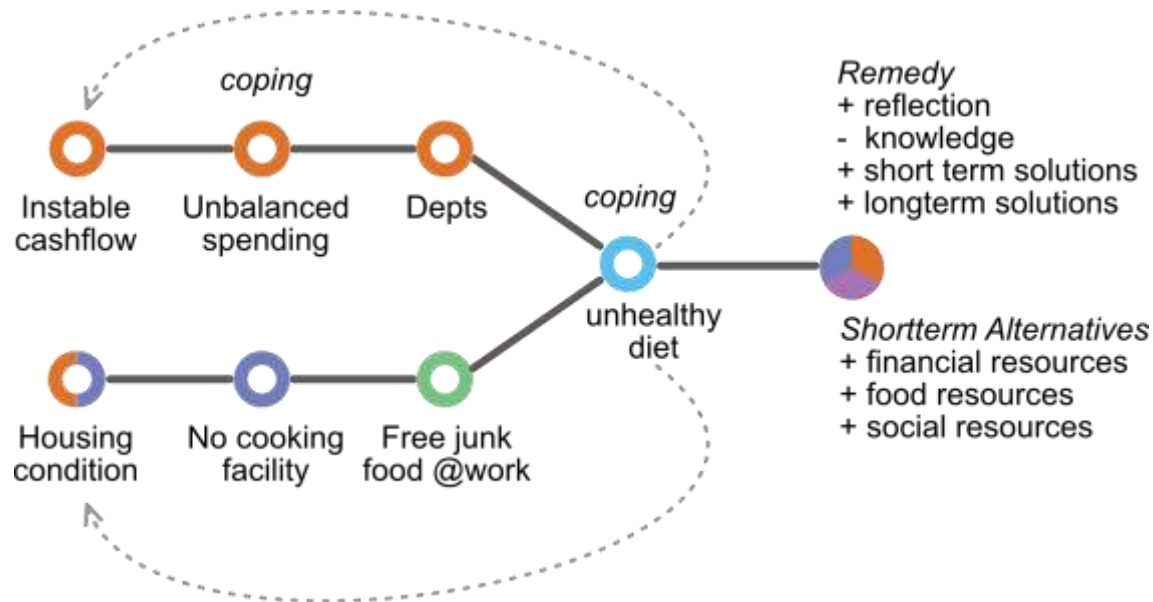
Client Joram Participant



PRACTICE VITALIZING JORAM

Patterns that don't work well

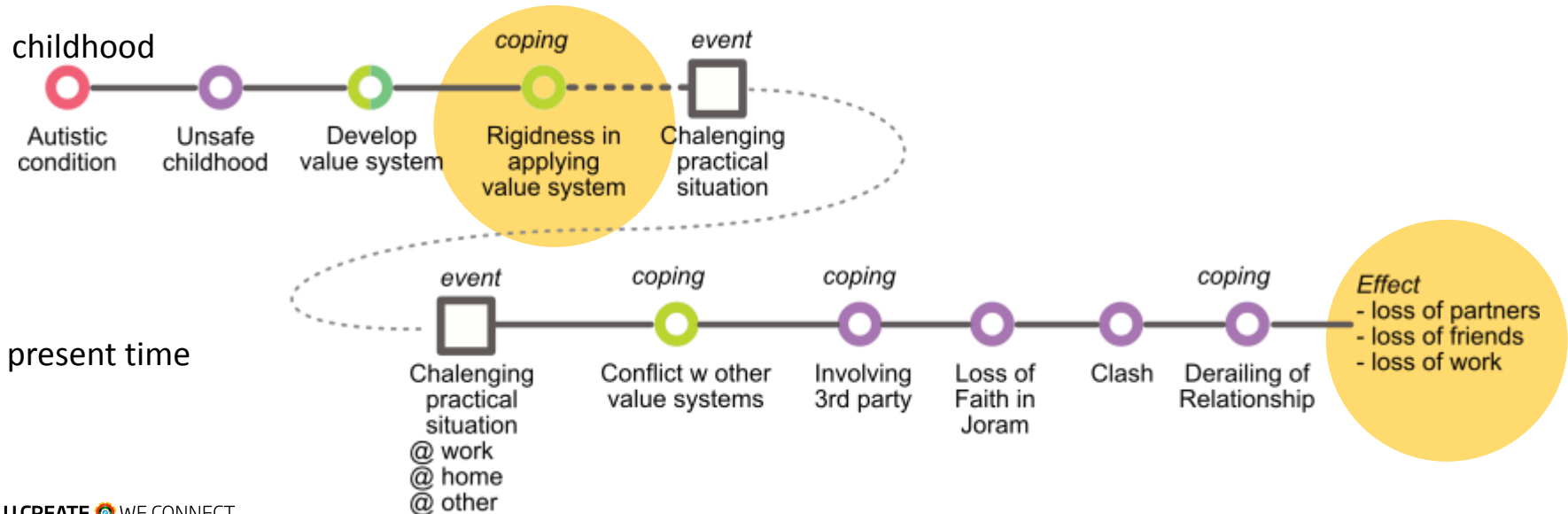
Part 1 Healthy Diet



PRACTICE VITALISING JORAM

Patterns that don't work well

Part 2 Social Behaviour



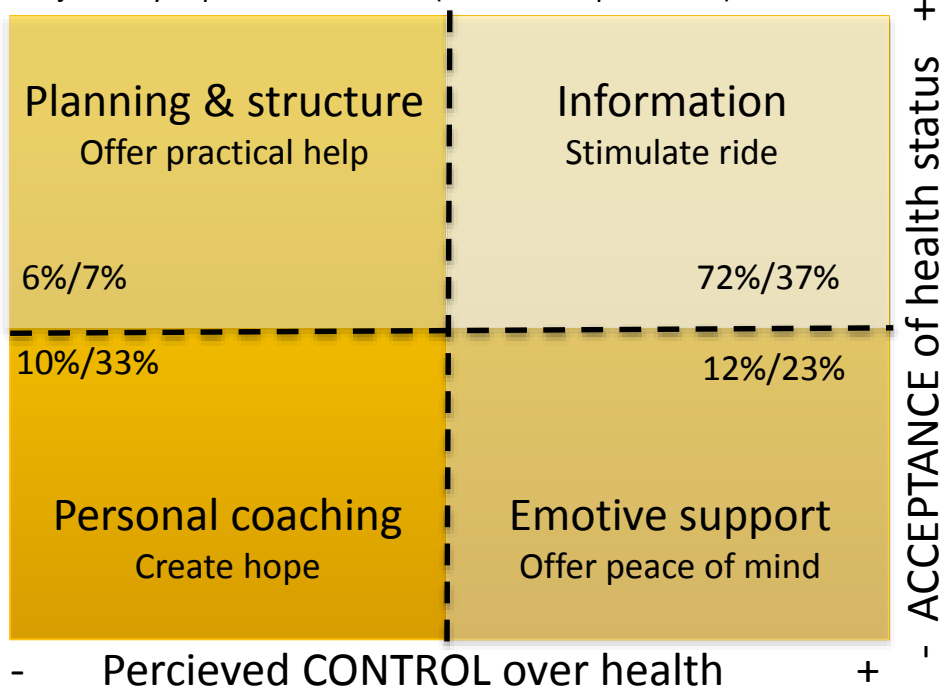
EMPOWERMENT CUSTOMISATION

Personalized care An approach

- 6 simple questions, 4 typifications
- 4 tailored Support Styles
- Determined by perceived CONTROL over health and ACCEPTANCE of health status
- High impact of chronic disease and low SES on typification

Finding fitting support is a problem

Subjectively Experienced Health (Bloem&Stalpers 2012)



PRACTICE EMPOWERING JORAM



RESTORING BALANCE

client at center stage

- Mindset
Make the client feel able, self motivated
- Unfocus
Not the pathology but focus on the patterns
- Fitting solutions
Must feel comfortable. Pick solutions tailored
- Available
Must be within reach: close, affordable
- Adaptable
Shortterm-longterm

CALL 4 PARTICIPATION

Consortium for validation of the Vitality Scan (3rd generation)

- Context: help employees, absent of work due to a crisis in their life, back to work before it's too late
- Validation: compare effect to current alternatives (for a specified problemset)

Potential partners

- Employer (>1000 workers)
- Research institute
- Potential implementation partner

more @

vizir.org/index.php/call

atjak@vizir.org