

Kiap N Tear

How might we make it easier for elderly patients to self-manage their medications and avoid serious health complications caused by incorrect home medication?

The Challenge

Medication mismanagement among the elderly is a critical safety issue, not just a matter of literacy.

When seniors are prescribed medication to help with their health conditions, they may struggle to comprehend the various instructions due to unfamiliar terms and also reduced capacity to absorb information if they are distracted by fears or concerns.

Due to forgetfulness, confusion, and unclear clinical instructions, 1 in 3 elderly individuals are at risk of taking the wrong medication at home, leading to missed doses, overdoses, and potential hospital re-admissions.

This isn't just an issue of convenience. It's about preventing serious health complications through clearer, safer medication management.

The Solution

The "Kiap 'n' Tear Calendar" seeks to make it more intuitive for seniors to understand and correctly follow their prescription advice.

The solution comprises a calendar board designed to make daily medication management engaging, simple, visual, and accessible for the elderly at home. The calendar features clips, numbered with each day of the month.

Elderly patients receive their medications in pre-packed, labeled pouches from the hospital, with simple visual graphics indicating the time of day that medication should be taken, and whether it should be consumed before or after food. On return to home, they can 'kiap' or clip their pouches of medication to the calendar board, and each day tear the relevant pouches for consumption, thereby supporting safe, timely medication intake.

The Kiap 'n' Tear Calendar is designed to transform a stressful, error-prone routine into a simplified daily ritual. By using strong visual cues, the design captures attention and provides a daily nudge to remind elderly users to take their medication, helping in particular those who may struggle with memory, vision, or understanding complex instructions.

The Impact

We envision a future state in which seniors who rely upon medication they must consume at home are confident and enabled to adhere to their medication plans, supporting them in achieving their health goals and reducing the likelihood of incorrect dosing, skipped medications, or consuming out of date medicines, through simple visual guidance and tracking.

Vote!

Vote for us to make home medication for seniors an intuitive and more accurate experience that supports health management without the stress or confusion.



The Design Team

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Kiap N Tear

I was introduced to **Kiap N Tear**, a calendar inspired medication system with pre-packed pill bags, each in the correct dosage for different times of the day.

Now, I just need to **kiap** my medicine bags every month, and **tear** them accordingly every day!



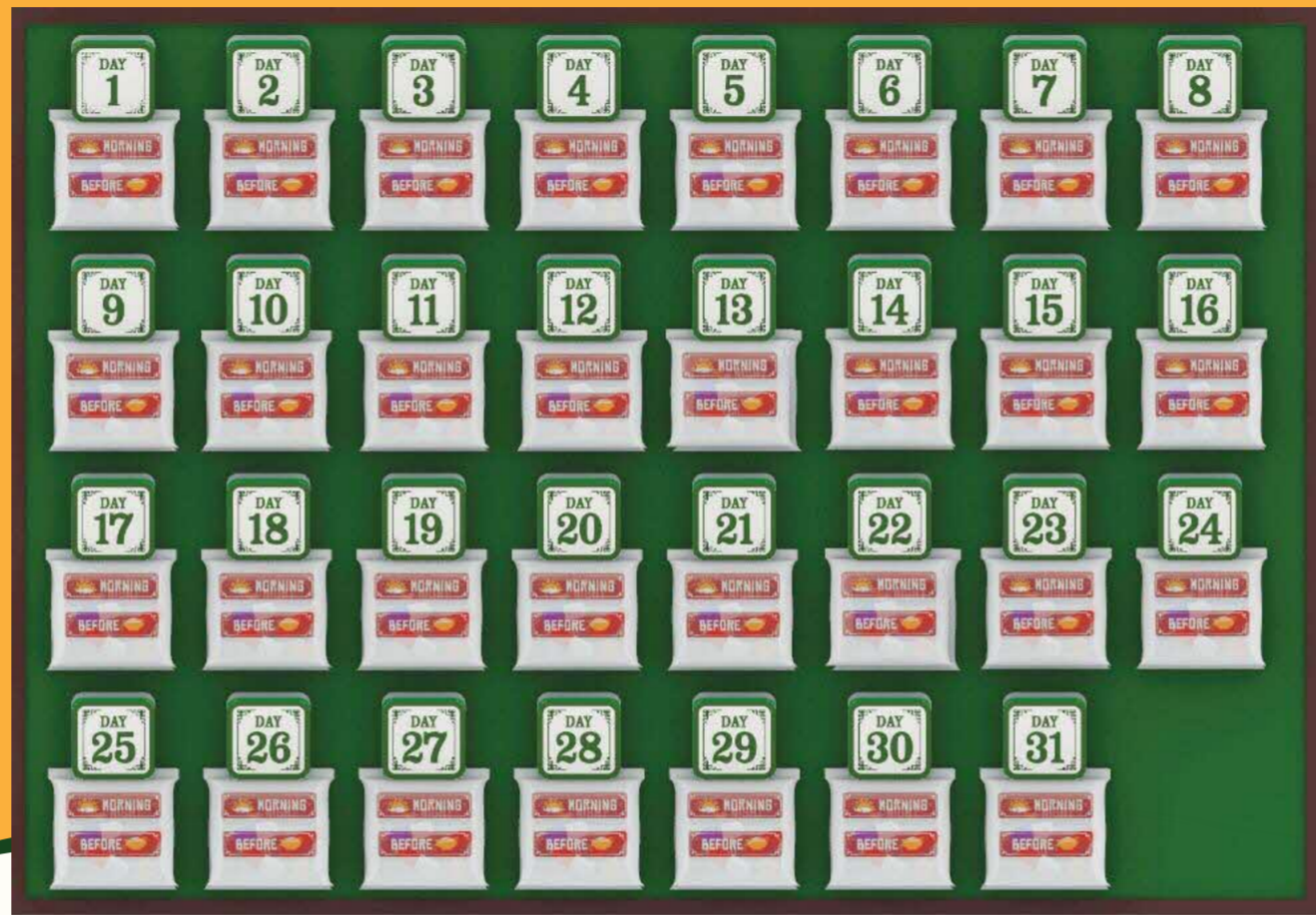
Kiap!

Tear!



Hi! I'm Madam Ling

I'm 75 years old. Like many seniors, I take several pills every day at different times. With my fading memory, managing medication can be very confusing.



My **morning** and **night** medication routine has never been easier!



The labels on the bag remind me if I should take my medicine before or after my meals, making it clear for me to remember and understand.

