

# Cocobot

Cocobot is a virtual therapy chatbot empowered by Alexa that helps family caregivers of people with chronic conditions access self-care tools more conveniently and flexibly.

## Overview

Family caregivers encounter mental health concerns due to the stressful caregiving tasks. However, they don't have access to credible resources and they even feel guilty to spend time taking care of themselves.

“ My daughter has severe asthma. I can't stop worrying about her and always feel stressed. ”

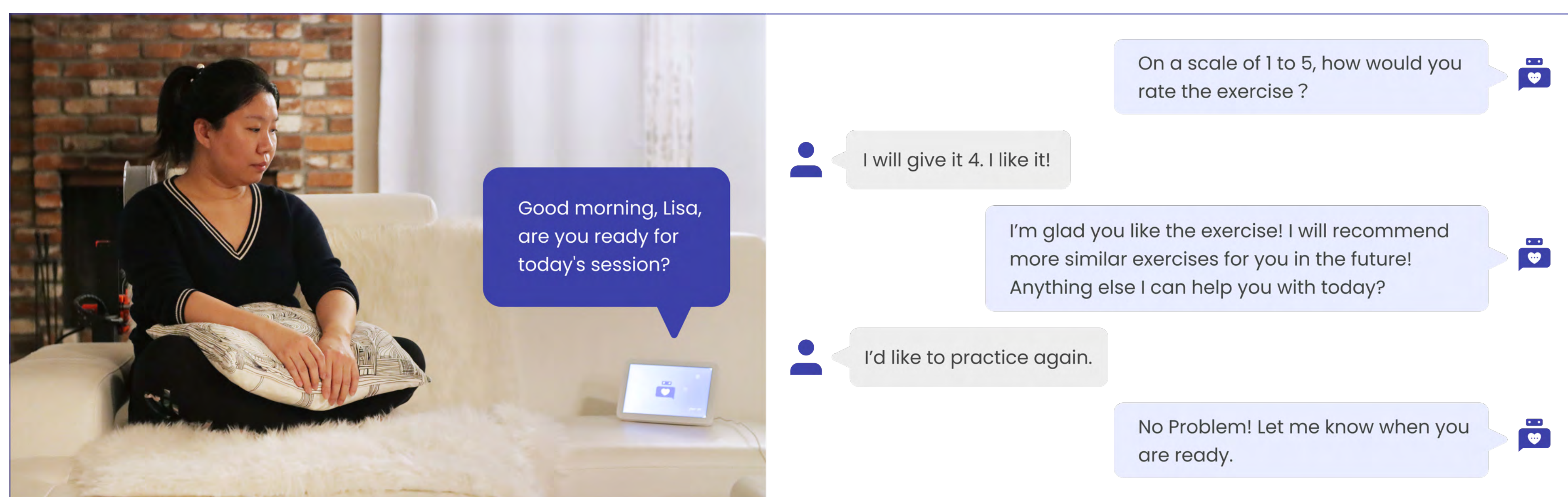
We are building upon existing research Dr. Yuwen has done. Her research identified that there is an opportunity to provide dedicated self-driven tools to reduce stress for family caregivers, and this can have a long term impact on improving their health care outcomes.

## Approaches

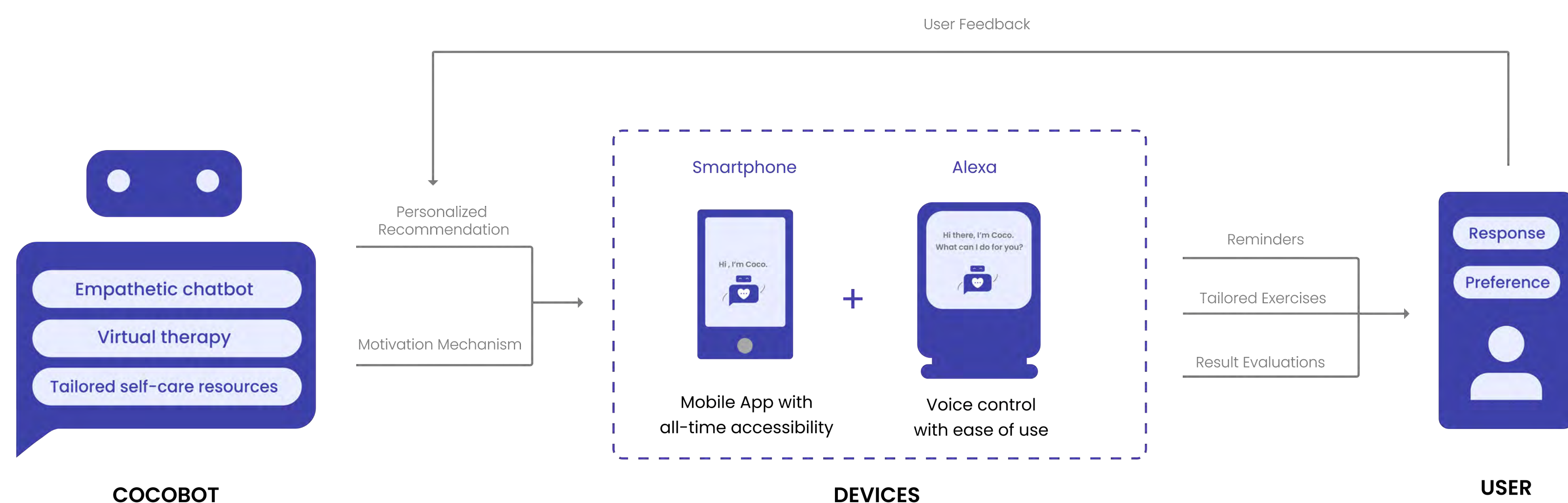
Based on Dr. Yuwen's academic research and our extensive first-hand interviews with users. We decided to deal with the problems from two approaches: keep the users engaged; keep putting fresh tailored content in front of users.

## Solution

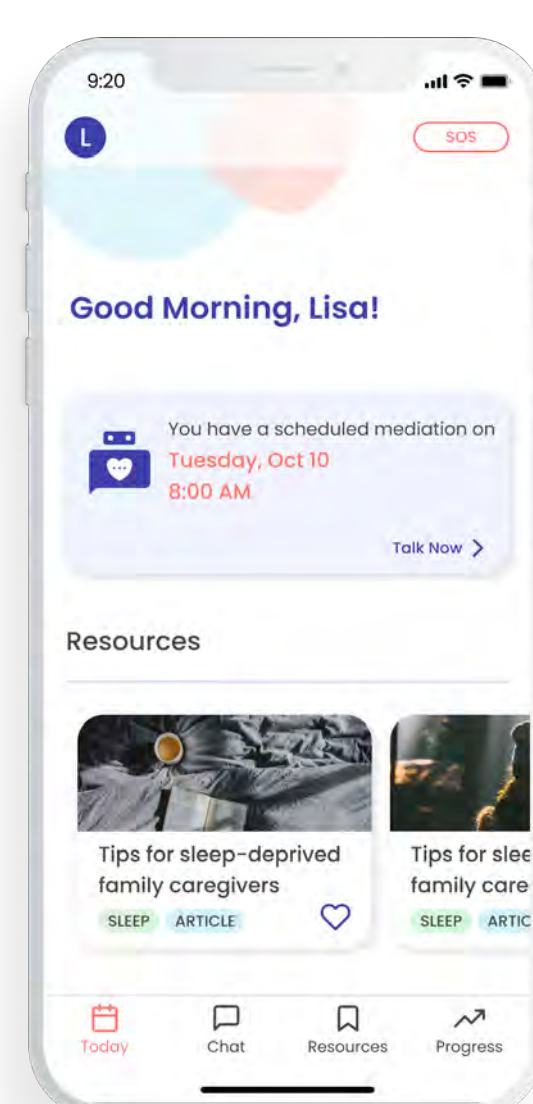
Building on the existing Cocobot app that guides users to identify problems and set up self-care goals through text conversations, we added tailored content suggestions and voice interactions to help users achieve their goals. We designed mechanisms for Cocobot to learn users' behaviors over time by collecting users' feedback for each session, track users' practice history, and monitor users' emotional changes. With customized experiences and flexible interactions, we encourage users to stay engaged and form long-term self-care habits.



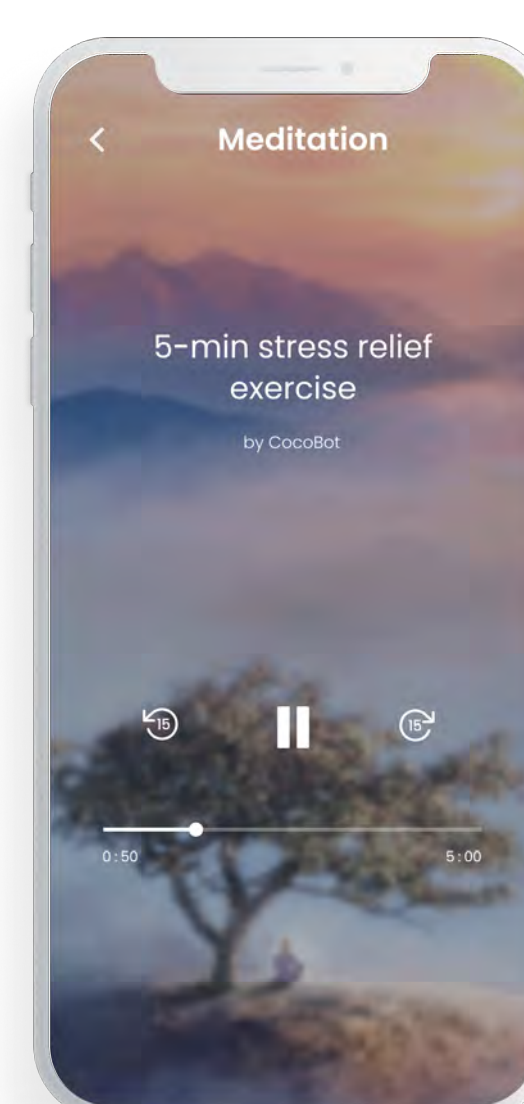
Voice-controlled Interaction



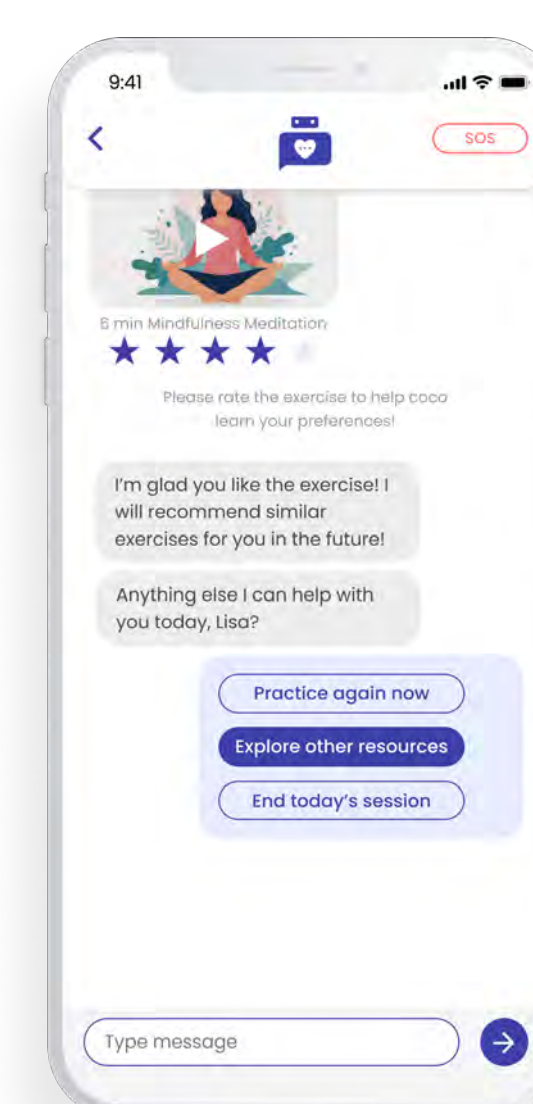
Hardware & Software Architecture, User Flow



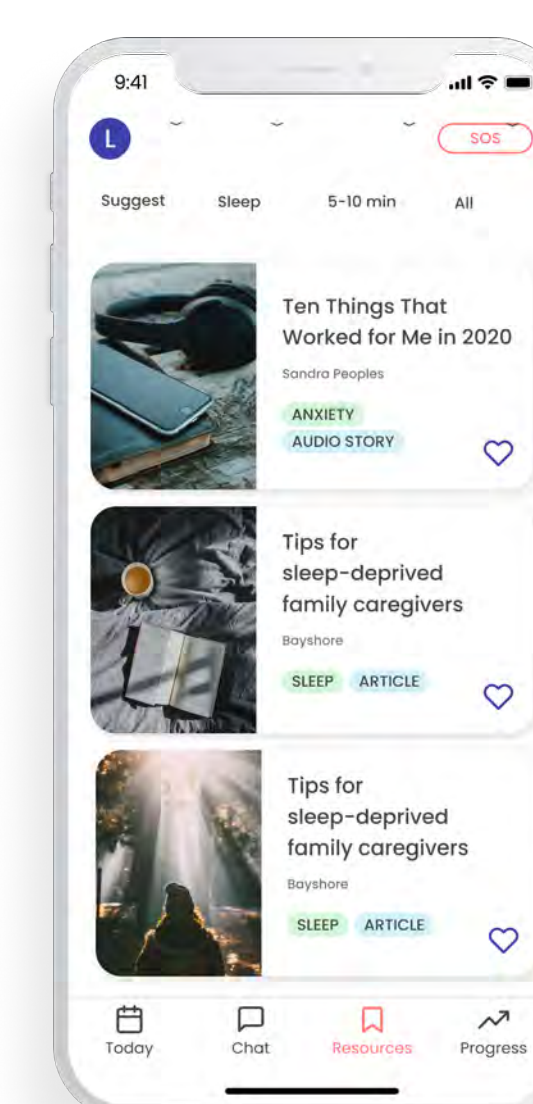
Home page with tailored content



Full control of your exercise session



Feedback to make Cocobot more personal



Tons of resources that keep growing

