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Background/Objectives: In the context of Covid, limitations of healthcare services and the move towards telehealth approaches, three studies were conducted to explore ways in which technology could enhance and facilitate the delivery of the Making the Most of Your Memory (MMYM) program (Radford et al., 2010).

Method: Ten neuropsychologists experienced with running the group-based, in-person rehabilitation program participated in semi-structured interviews on the strengths and weaknesses as well as potential innovations to MMYM. Qualitative analysis was used to identify themes, which were translated into design features and used to create a prototype. Mockups of the program were subsequently shown to 10 neuropsychologists for feedback and revision prior to its development. A trial of the minimum viable product, with user testing and interviews of a group of three patients and the neuropsychologist facilitator were used to develop the program further.

Results: MEMORehab was created as a web-based app to aid in the delivery of a memory intervention. To satisfy identified themes and user feedback, the program includes 6 guided, interactive "core training" sessions between patient(s) and clinicians (which can be delivered via videoconferencing or in person). Bespoke computer-based exercises for practicing memory strategies and videos to provide psychoeducation have been added. Homework tasks for generalisation can be reported online and digital reminders are provided to participants to help build good memory habits. Positive feedback promotes motivation and access to materials post-core training allows for booster sessions. Clinicians are provided with data on progress. Running the program with small groups of participants provides social interaction and peer support. However, to accommodate the need for individual goal setting and tailoring of approach, the program can also be run one-on-one and material can be excerpted if appropriate.

Conclusion: Qualitative analysis of interviews, design thinking and user experience feedback have yielded a new, computerised and enhanced version of the MMYM program. This can be delivered by allied health staff irrespective of their patients' mobility or location. Many features of this web-based app provide the opportunity to learn and practice strategies between and beyond the core training sessions. The program can support either a comprehensive, group-based intervention or a more individualised approach.

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