

## Heart-patient farmer

Age: 74



Cognitive:	
Memory:	
Diseases:	
Symptoms:	
Limitations:	



### About & Family:

Achim is married and lives together with all of his children and grandchildren in their farmhouse. He has spent his entire life in the village. Achim has become a more difficult person as he has gotten older. He often has fights with everybody in the household. The family has a large plot of farmland. Recently his children started a new business – a rental house for vacations – to make some additional income. Their economic situation is currently not good.

### Health

Achim is unhealthy, physically inactive, and is bordering on obese. All of these factors make his situation worse, as he is a heart patient. Last year he got a cardiac catheterization to measure intra-cardiac and intravascular blood pressure. He cannot move freely because of the pain in his back and knees. He has problems stooping, kneeling, crouching and climbing stairs. He has sleeping problems as well. He cannot see or hear well anymore although he is using a hearing aid.

### Social

He does not participate in social activities. He spends most of his time in front of the TV. He is easily disappointed when things go wrong and cannot stand being the “old ill grandpa”. Achim has a close relationship with his grandchildren, although he is a difficult person. The fights he has with his children are mostly concerning administration issues of the farmhouse, as he still wants to decide everything on his own and the children want him to retire.

### Technology Usage

Achim does not have technological devices, not even a mobile phone. He uses the internet from time to time together with his grandchildren. The grandchildren help him to use the computer. The children like playing Wii and have gotten Achim to play some games with them.

#### Limitations/Difficulties in

getting up from chair,  
climbing several flights of stairs,  
stooping, kneeling,  
reaching or extending arms above

#### Diseases

heart problems,  
high blood pressure &  
cholesterol

#### Symptoms

pain in back,  
sleeping problems

#### Psychographics

depressed,  
pessimistic,  
fatigue,  
negative,  
grumbly,  
satisfied with his life

#### Drugs

yes

#### Hearing aid

#### Eyesight

glasses

#### Educational level

basic

#### Risks

obese,  
drinks,  
inactive

#### General attitude towards technology

neutral

#### Devices in use

TV  
computer with internet connection