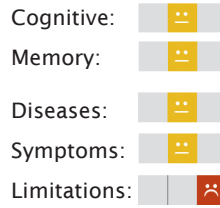


Osteoporosis patient

Age: 75



About & Family:

Hilde is a tough woman who had been nursing her husband for a long time until his death. Being an experienced housewife, Hilde is living with one of her daughters, taking care of the grandchildren and helping her daughter, who is a single parent. They have financial difficulties. Hilda has two more daughters. One of them lives in the same city and the other one lives in Vienna.

Health

Hilde is a severe osteoporosis patient. Walking is not easy for her anymore, as she has pain in her knees and back. She stays at home since she is afraid of falling down and breaking her bones. She sits most of the time, therefore she has swollen legs and is very overweight. She has restless sleep and feels weak and low on energy. She uses reading glasses and cataract development was recently detected. She is using drugs to prevent further development.

Social

Hilde thinks that her age prevents her from living independently. She misses her husband and sometimes feels lonely and becomes tearful, thinking about the good old times. She feels sometimes that she would rather be dead. But life has a meaning for her and she tries to be happy with her family. She works voluntarily for a social work organization that raises funds by knitting and collecting old clothes and accessories from the neighbourhood, which are picked up regularly from her flat.

Technology Usage

She is forgetful and cannot cope with numbers. She does not see herself as competent enough to learn to use new technologies or devices. At home she watches TV and listens to radio.

She sometimes sits in front of the computer together with her grandchildren, but she just watches what they do or show her. She does not have a mobile phone.

Limitations/Difficulties in

walking 100m,
getting up from chair,
climbing stairs,
carrying heavy objects more than five kilos,
difficulties in shopping for groceries,
doing work in house and garden

Diseases

osteoporosis
high blood pressure &
cholesterol

Symptoms

pain in back, knees,
swollen legs,
sleeping problems,
fear of falling down

Psychographics

sad,
tearful,
arduous,
hopeful,
committed to the family,
down-to-earth,
forgetful,
satisfied with her life

Drugs

yes
[Hearing](#)
less than good
[Eyesight](#)
cataracts, glasses
[Educational level](#)
basic
[Risks](#)
obese

General attitude towards technology

neutral

Devices in use

TV
radio