

Lonely widower

Age: 78



Family & Home



Social contacts



Income

Cognitive:

Memory:

Diseases:

Symptoms:

Limitations:



About & Family:

Ingobert lives alone in his apartment and spends less and less time out of his house since he lost his wife three years ago. Ingobert has a child who is living abroad and therefore cannot visit him very often; however, they maintain contact via videoconference. He is retired from the national railways company and has a good income.

Health

He has had two heart attacks after the death of his wife. He is now careful and takes good care of his diet. However, he has difficulties doing housework, due to pain in his hands and wrists caused by rheumatism and arthritis. Moreover, he is forgetful and incautious. He often forgets to turn the taps or the oven off. He gets angry with himself after noticing that he once again forgot something. He cannot fall asleep easily and has recently begun to eat less. He often feels irritable, especially on those days when he cannot sleep well.

Social

Most of his friends have died or are living in nursing homes. He has no social activity or contacts other than the acquaintances he sometimes meets on the way when he goes shopping. As the flat, in which he lives is full of memories of his wife, he is thinking about moving into a nursing home. Moreover, he finds the flat a little large for living alone. Although he has had bitter experiences, he is still a positive person and enjoys life. He finds ways to solve his problems and feels prepared for the future.

Technology Usage

Ingobert uses a computer at home and has an internet connection. He does not like using the mouse and having to type text, however. He only uses it a couple of times a month to be able to communicate with his daughter abroad. He listens to radio and LPs and watches TV.

Limitations/Difficulties in

doing housework,
crouching, kneeling, stooping,

Diseases

heart attack,
high cholesterol,
arthritis and rheumatism

Symptoms

pain in back, knees, wrists
sleeping problems

Psychographics

hopeful,
optimistic,
positive,
modest,
forgetful,
satisfied with his life

Drugs

yes

Hearing

good

Eyesight

glasses

Educational level

medium

Risks

overweight,
bad memory

General attitude towards technology

positive

Devices in use

TV
radio
LP player

computer with internet connection

<http://elderlypersonas.cure.at>

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