

## Dissatisfied & getting old

Age: 75



Family & Home



Social contacts



Income

Cognitive:

Memory:

Diseases:

Symptoms:

Limitations:



### About & Family:

Michael was a merchant who saved more than enough for his retirement and still supports his two children financially. His wife is in close contact with them through her mobile phone while he just receives news over his wife, but they all see each other weekly. Although they get along well, his wife and Michael no longer sleep in the same room, because he cannot sleep well and often gets up in the night.

### Health

Michael is a diabetes patient and also suffers from high blood pressure and pain in his joints. He is not able to move without having difficulties, cannot see well and has a cataract on one eye. Getting up from a chair or climbing stairs makes him short of breath. It is difficult for him to dress himself or take a shower. He needs help with his daily activities and personal hygiene, as well as with his injections. Additionally, he often forgets to take his medicine.

### Social

Michael often feels tired and excluded. He does not have any friends and spends most of his time at home. Spending time with his cat makes him feel better. He is usually depressed and melancholic. Nowadays, he eats less than he used to. He sometimes feels helpless and incapable of standing on his own feet, since he always needs the help of his wife.

### Technology Usage

He does not have a mobile phone or a computer. What he likes is listening to radio while his cat sits on his lap. Recently, his children gave him a CD player and a set of audio books for his birthday.

#### Limitations/Difficulties in

getting up from chair,  
climbing stairs,  
crouching, kneeling, stooping,  
pulling and pushing large objects,  
lifting or carrying weights over five kilos,  
sleeping,  
dressing, including wearing shoes,  
bathing

#### Diseases

high blood pressure,  
diabetes,  
cataract

#### Symptoms

pain in joints, back, knees

#### Psychographics

depressed,  
sad,  
forgetful,  
dissatisfied with his life,  
feels incapable

#### Drugs

yes

#### Hearing

good

#### Eyesight

glasses, cataract

#### Educational level

basic

#### Risks

socially inactive

#### General attitude towards technology

neutral

#### Devices in use

radio  
CD player