

Grandma with osteoporosis

Age: 84



Household



Social contacts



Income

Cognitive:

Memory:

Diseases:

Symptoms:

Limitations:



About & Family:

Adelheit has lived together with her children ever since she lost her husband. She is the oldest family member and has three children and six grandchildren. They have no financial problems. She has been a housewife for the most of her life. She was able to stand on her own feet for a long time, but now she is not capable of doing some daily tasks such as cooking or shopping.

Health

Adelheit has many health problems. This year she needed hip replacement due to osteoporosis. Her bones are getting fragile and she is overweight. She cannot walk for long periods of time or stand up after the partial stroke she experienced. For this reason, she mostly sits or lies down at home. It is embarrassing for her to suffer from incontinence. She is cognitively active but she cannot do math anymore and sometimes confuses the day of the week. She also has difficulty in remembering past occurrences.

Social

Adelheit is a modest person and does not have high expectations. She enjoys spending time with her grandchildren, but she feels melancholic and sometimes sad when thinking about the past and missing the people she has lost. She keeps herself busy as best she can by doing housework or in the garden, since she does not want to just sit in the corner without doing anything.

Technology Usage

Adelheit mainly stays at home and watches TV. She is not interested in computers or the internet and cannot understand how they function, even though her grandchildren keep trying to explain it. She thinks that she does not need to use them.

Limitations/Difficulties in

walking 100 meters,
getting up from chair,
climbing stairs, kneeling,
lifting or carrying weights more than five kilos,
dressing incl. shoes & socks,
bathing,
shopping,
doing work around house,
using map in a strange place

Diseases

heart problems,
stroke,
osteoporosis

Symptoms

pain in joints,
heart trouble

Psychographics

positive,
modest,
melancholic,
hardworking,
satisfied with her life

Drugs

yes

Hearing

aid

Eyesight

glasses, cataracts

Educational level

basic

Risks

overweight,
inactive

General Attitude towards Technology

negative

Media - Communication

TV