

## Well aging Spain-tourist

Age: 66



Family & Home



Social contacts



Income

Cognitive:

Memory:

Diseases:

Symptoms:

Limitations:



### About & Family:

Ingrid previously worked at the university library. She is very healthy and seems younger than she is. She likes travelling, as she has no diseases or limitations that would keep her at home and she has enough money to spend.

She is married and has a daughter and grandchildren that she sees several times a week.

### Health

Ingrid is very healthy, has no diseases, limitations or symptoms. She uses contact lenses but she has also reading glasses. She is overweight and has tried to loose weight for a long time using various diets. However, she is too lazy to exercise regularly and is easily seduced by creamy desserts. Everybody in the family tries to convince her to quit smoking.

### Social

She enjoys her life and free time. She especially enjoys visiting Spain and while there likes spending time on the beach reading a book. She also has many friends there with whom she goes on sightseeing trips. She loves her grandchildren and family. She brings gifts for them every time she comes back from Spain. Ingrid is also a religious person and sometimes attends activities organized by religious communities.

### Technology Usage

She used computers during her employment, however Ingrid does not like working with technological devices. Her husband uses the computer and internet, but she does not show any interest. She does, however, like to sometimes play online arcade games and solitaire. Her husband has created shortcuts for her on the desktop so that she can easily access the online games. She is quickly distracted by the advertisements on the internet pages and easily gets lost or forgets the names and locations of the games she likes.

#### Limitations/Difficulties in

none

#### Diseases

none

#### Symptoms

none

#### Psychographics

joyful,  
playful,  
optimistic,  
lazy,  
desirous,  
forgetful,  
religious,  
satisfied with her life

#### Drugs

none

#### Hearing

good

#### Eyesight

good

#### Educational level

basic

#### Risks

overweight,  
smokes

#### General attitude towards technology

negative

#### Devices in use

TV  
computer games