

Anthony likes:

- Fancy technology (smart home)
- Alcohol (red wine) and smoking cigars.
- His job and the travels.
- Social weekends with other couples.

Health

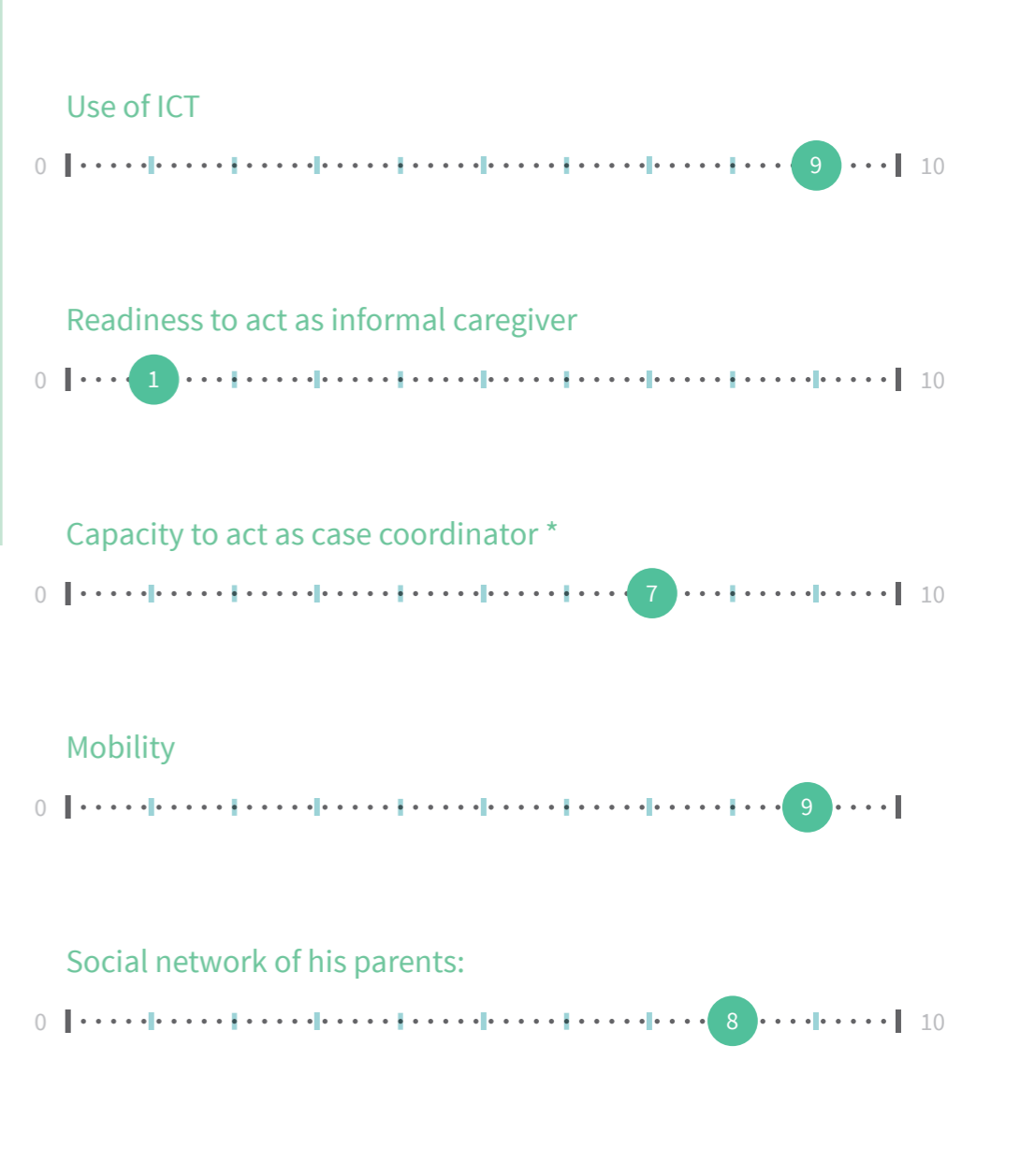
Anthony suffers from light overweight. He realises that although he never practised sports since he was a student, he will need to move more.

Anthony fears:

- Stay isolated from his social network
- Critical medical incident (after he had a mild heart attack)
- Hospitals
- Genetic predisposition for Parkinson’s.

Anthony is a 48-year-old professor at the university of Lisbon. He is married and his children have already moved out to live abroad. He lives in the suburbs and wants to move closer to the city center because it would be closer to services and work. He also hates gardening. Anthony is very tech aware and uses his smartphone often, e.g. to tweet from conferences.

Anthony is thinking ahead and plans long term. He realises decisions he takes now will affect his future life when he will be old. He looks for smart solutions and wants the best even if he cannot afford. His wife is much less in the same mood and restrains him. She agrees to the move as she expects to have a much busier social life in the city.



** The capacity to coordinate most or all of the health and practical aspects of a patient’s needs; whether the person is him-herself the patient, or as informal caregiver of another patient.*



PETER
68
Male
Danish
AAL2C-1

Peter is a 68-year-old widower whose wife just died of cancer. He is a retired manager with an additional pension who owns his own house in Copenhagen. Because of his wife’s death he has decided to move out to his “final destination”. He is conservative, rational, and pro-active minded. He has high trust in technology; he is an active user of technology.

He plans for the future and realises that his decision to move is important. He wants to make the right choices. The neighbourhood and the house or apartment need to be the place where he can get old. He wants to invest his time as a volunteer and rebuilt a social network.



Peter likes:

- Photography
- Cooking
- Travelling

Health

Peter is in good health but has problems with his eyes and having this is a major concern as he fears to become dependent. He was never very sportive and has some overweight. His MD wants him to go on a diet to reduce risks for cardiovascular disease or diabetes.

John fears:

- Being all alone
- Uncertainty of change
- Another big change

Use of ICT



Readiness to act as informal caregiver



Capacity to act as case coordinator



Mobility



Social network:





PHILIP
33
Male
Austrian
AAL2C-2

Philip is 33 years old and lives in Vienna in a 3rd floor apartment (with elevator). It is a barrier-free building with some smart home technology. He works in electronics. After a parachuting accident, Philip is paralyzed below the waist and needs a wheelchair. His workplace is not accessible (it has steps and is an old building); he needs to be on-site for work to solder electronics (which requires special materials and equipment).

But he cannot continue his job due to the accessibility problem.

Philip has a lot of friends and a caring girlfriend but no family nearby, his parents, brothers and sisters live in Tyrol. Maintaining his social life after the accident is a challenge on its own.

Philip likes:

- Smoking cigarettes
- Food blogging
- Parachuting

Health

Philip is young and even if handicapped he wants to lead a normal life.

Philip fears:

- Clowns
- Does not trust the health care system
- Boring desk job
- Not finding an employer

Use of ICT



Readiness to act as informal caregiver



Capacity to act as case coordinator



Mobility



Social network:





MARIA
55
Female
British
AAL2C-3

Maria is 55 years old and lives in the UK. She is the daughter of Shirley (78 years old), who has back problems and is the widow of James. Maria is married to a traveling musician and mother of 2 grown up children who already moved out. She has a part-time job in media consulting and therefore is tech savvy. She got a job opportunity to work full time which means she would have less time to help her mother. At the moment, she provides help for her mother’s bills, shopping, and doctor’s appointments. She also pays for house hold assistance at her mothers home.

Maria is the only child of Shirley and lives 15 km away from her mother. Her job opportunity for a full-time job is not too far, so she would not need to move.

Her mother has a very small social network. She has no living family members from her generation, she moved to her actual house togueter with James 10 years ago and never built a new network.

Maria likes:

- Her job
- Gardening with Shirley
- Her mother’s pie
- Cooking with Shirley

Health

Maria is in perfect health but her mother is declining. Shirley has no signs of cognitive problems. But is taking medicines for various health problems. There are side effects produced by this medication like confusion and dizziness that make her anxious and scare to leave the house alone.

Maria fears:

- Shirley’s physical strenght decreasing.
- Losing job security.
- Services to be paid (professional care and assistance services for her mother).

Use of ICT



Readiness to act as informal caregiver



Capacity to act as case coordinator



Mobility



Social network of her mom:





EVA

85

Female

German

AAL2C-2

Eva lives with her 91 year old husband in a small village in Bayern, where she lived all her life. They still live in a house that was originally a small farm and was renovated 30 years ago to include more modern comfort.

They have 5 children, of which only one lives nearby, in a village 3 km away. All their other children are spread over Germany. They have 12 adult grand children who do keep regular contact, even if they seldom visit.

Eva has a strong local network. She has always been active in the village, she is a doer and took initiatives all her life. She is still a regular and active member of the women's club in the village and ready to contribute actively to all social initiatives in the village. Her husband is and has always been more passive in that respect. He follows her, and participates at her demand, but he is not the one who takes the initiatives.

They have a computer at home. This computer is located in the entrance hall and is being used mainly to skype with the grandchildren, surfing the web and for administration.

Eva likes:

- Gardening, taking care of her garden.
- Her chickens.
- Going on day-trips with the ladies club of the village.

Health

Eva's health is excellent for her age. She has no chronic disease and is fit due to her regular activities. She still drives her car. Her husband is less fit and cannot drive the car anymore. He is taking half a dozen of medicines each day for various reasons (cholesterol, heart, ...).

Eva fears:

- She is concerned about the growing dependence of her husband.
- Afraid of becoming injured.
- Being alone (feeling insecure when alone). This fear is linked to her living in the countryside, and as a girl/woman, always having been warned of dangerous people.
- Having one day to move out of her house.

Use of ICT



Readiness to act as informal caregiver



Capacity to act as case coordinator



Mobility



Social network:





Pierre
51
Male
Belgian
AAL2C-3

Pierre lives in the North of Belgium, near the Dutch border. He is married and has three children, all young adults, living inside-out of the family house. He has a full time job as a sales person (car dealer). He is married to Dorien. They live in a village where Dorien has a practice as veterinarian. She works from home and it is Pierre who commutes to his work.

The parents of Pierre live 100 km away from him, just South of Brussels. They still live in the same house they had built in the 70's. Pierre's father is 81 and his mother 79. Pierre is their only son. He has regular contact, but Pierre has a problem as the relationship between his parents and his wife is not good. Pierre will therefore pass by when he is on a business trip and formal visits with the children are seldom (max 4 times a year and going down with the kids growing up). His parents never come to his place, it is always the other way around, and Dorien will try to find an excuse not to join Pierre and the kids when visiting.

Pierre likes:

- His job, he is in a good team, likes the human contacts linked to sales
- Sports club; he plays tennis; his son has played soccer in CLB till he was 17, and Pierre is still active in that club and part of the leading team.
- Travelling. He takes regular short holidays with Dorien, and they will most of the time try to discover new places.

Health

His father is getting old but is still in good health. Yet, his mother and Pierre are very concerned that he is still driving a car. They consider he is not fit to drive anymore due to slow reflexes and difficulty with multi-tasking. His sight isn't as good as it once was. None of them dare to tell him this however. His mother is in excellent physical health for her age, but is showing early signs of cognitive decline. Pierre himself is in good health but he was diagnosed with diabetes type 1 when he was 27. He is therefore very conscious of his health, having to cope with his disease daily, the importance of an active lifestyle and compliance to his prescribed diet.

Pierre fears:

- His father driving a car
- He is very concerned about his mother's cognitive decline, and what this would mean for his father.
- His inability to assist them when needed from a distance. It takes him in theory one hour to drive to his parents, but in practice it often takes him two+ hours as he has to pass both Antwerp and Brussels ring roads.

Use of ICT



Readiness to act as informal caregiver



Capacity to act as case coordinator



Mobility



Social network of his parents:

