

Anthony likes:

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

Health

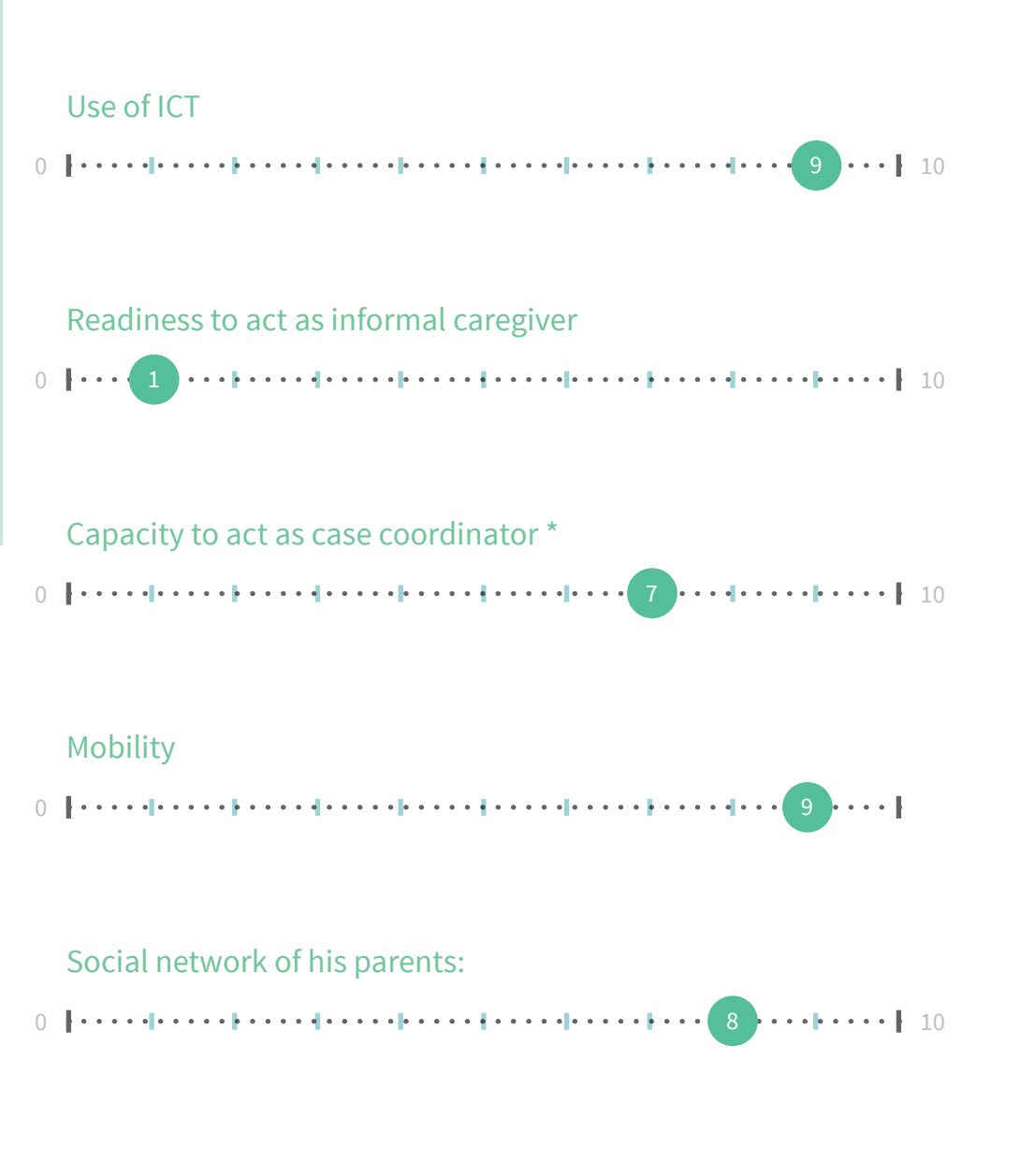
Anthony suffers from light overweight. He realises that although he never practised sports since he was a student, he will need to move more.

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.*