

Val Lucas

AGE 70

STATUS Lives alone

(divorced)

OCCUPATION Retired

HEIGHT 5'4" or 1.626m

WEIGHT 76kg

BMI 28.7

MEDICAL HISTORY

- Osteoarthritus
- Type II diabetes 2 years since diagnosis

Procedure: Elective Hip Replacement

<- Time on waiting list->



Pre-assessment

Clinic



GOALS

- To experience less pain on a daily basis.
- To have better mobility in the longer term.
- To be able to move around more, to maintain her health and continue to live independently.

FRUSTRATIONS

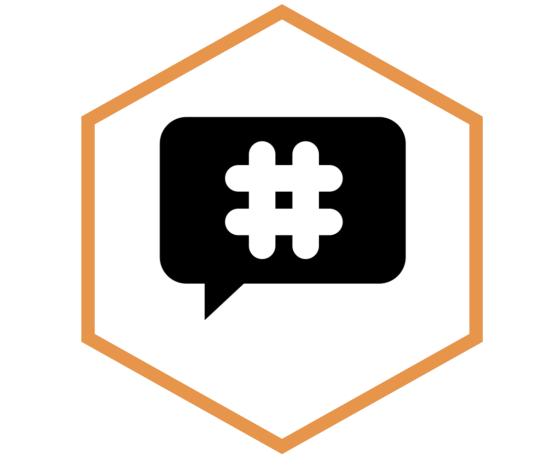
- Feels like her pain and mobility are limiting/controlling her life.
- Has been losing sleep due to pain in her right hip.
- Does not like having to be dependent on other people for things like shopping, which she would prefer to do herself.

TECHNOLOGY USE



Smartphone & Diabetes app







Social media: limited use Smart watch: limited use

HOW I'M FEELING RIGHT NOW...

"I have to admit that I have lost confidence to do things on my own. I often feel unsteady when I'm walking and I worry that I will fall. I have lost some of my independence and the pain is really wearing me out."

KEYWORDS

anxious, independent, high expectations, trusting, health aware