

Patient Profile Document: Personal Background and Life Memories

The patient's name is **Rahim Ahmed**. He is **72 years old** and lives in **Dhanmondi, Dhaka**, in the same apartment where he has lived for over twenty years. Rahim is retired and previously worked as a **civil engineer** for a government infrastructure department. He enjoys sitting by the window in the evenings and listening to street sounds, which he finds calming. His home is familiar and safe to him.

Rahim is married to **Farida Ahmed**, whom he met during university. They have been married for over forty-five years. Farida is his primary caregiver and lives with him. They have **two children**: a son named **Imran Ahmed**, who lives in Chattogram with his wife and daughter, and a daughter named **Nusrat Ahmed**, who lives nearby in Dhaka and visits frequently. Rahim is especially close to his granddaughter, **Ayaan**, whom he enjoys talking about.

One of Rahim's most important memories is working on the **Jamuna Bridge project** early in his career. He often speaks with pride about being part of a team that helped connect different parts of the country. Another meaningful memory is a family trip to **Cox's Bazar**, where he walked along the beach at sunrise with Farida. These memories make him feel accomplished and content.

Rahim has several daily routines that bring him comfort. He likes drinking **tea in the morning** while reading old newspapers, even if he does not finish them. In the afternoon, he often listens to **old Bengali songs** from the 1970s and 1980s. In the evenings, he enjoys quiet conversations and prefers calm, familiar voices.

Rahim sometimes feels confused about the day or time, especially in the late evening. During these moments, reassurance from familiar people helps him feel safe. He responds well when reminded that he is at home and that his family is nearby. Talking about his work, his wife Farida, or his granddaughter Ayaan often helps him feel grounded and relaxed.

Daily Routine

Rahim Ahmed usually wakes up between **7:00 and 8:00 a.m.** and starts his day by drinking a cup of **tea** near the living room window. He feels most alert in the morning and enjoys light conversation during this time. Around midday, he has lunch at home and often rests afterward. In the afternoon, he likes listening to **old Bengali music** or sitting quietly. Evenings can be more confusing for him, so calm reassurance works best then. He usually goes to bed by **10:00 p.m.**, preferring a quiet environment before sleep.

Caregiver Notes

Farida Ahmed is Rahim's primary caregiver and stays with him at home. Rahim responds well to **gentle reminders** and familiar voices, especially when he feels unsure about time or place. If Rahim appears anxious or repeats questions, it helps to reassure him that he is at home and safe. Talking about his past work as an engineer, his family, or his granddaughter Ayaan often helps him relax. When he seems distressed, contacting Nusrat Rahman, his daughter who lives nearby, is usually effective in calming him.