Persona : Joe

Age : 71+

: Widowed, 2 years

: 3 adult children, married, 4 grandchildren

Health : Joe has heart problems which have left him breathless from

minimal exertion.

Joe has enjoyed playing bowls in the past and misses his bowls team.

Worked on trains and goods department of rail company.

Next stages for improvement

: Joe needs to engage in exercise as it is hoped he can rebuild his stamina and breathing ability. But this requires slow and steady exercise.

1. Walk through rooms, to bathroom, to kitchen. At present, he has difficulty doing this without becoming breathless.

* Needed: Exercises to improve stamina, encourage use of legs.

1. At present, in addition to breathing problems that result from lack of exercise, Joe misses the socialization he once he enjoyed with his bowls club.

* Needed: Any exercise that would encourage arm movement, similar to what would be needed to play at bowls.

1. Joe is forgetful but has a variety of tablets that he needs to take on a daily basis.

* Needed: A method that makes it easier for Joe to take his medication at the right times.

1. Because Joe can become breathless even to fetch small items within his home, he needs extra assistance getting small, everyday items.

* Needed: A robot which could take instructions – ‘Bring me my glasses’, for example – would ease Joe’s transition to being fully independent in his home again. Items that may be needed for a robot to fetch include: aforementioned glasses, pen and paper, mobile telephone.

If these four areas can see real improvement in Joe’s ability to regain better health, it could make a positive difference to Joe.

*Nice to have:*

Joe considers himself very ‘thrifty’ and ‘energy’ conscious. A mechanism that would report on his current usage with motivation to reduce it might be something Joe could engage with – a type of ‘competition’ with his previous energy usage.