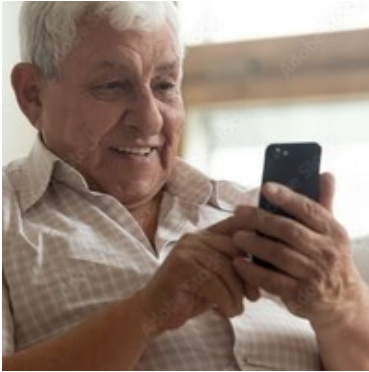




José Dos Santos Silva

SHORT NAME
JOSÉ

IMAGE



AGE

72

GENDER

Male

ANUAL INCOME

7.200€

KEY MOTIVATION

+ quality of life;
Maintain your
independence and
autonomy.

QUOTE

"If I knew what I know
today,
and I was your age...
I would be a millionair
e."

HOOBIES

CORE NEEDS

- ▶ Maintain your independence and autonomy;
- ▶ Recover strength and flexibility after arthroplasty;
- ▶ Improve quality of life and mobility.

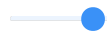
MAIN FRUSTATIONS

- ▶ Difficulty walking;
- ▶ Hip problems;
- ▶ Difficulty walking and carrying out daily tasks;
- ▶ Concern about your health and well-being;

TECHNOLOGY ADAPTABILITY

Very Bad

Very Good



PREFERRED COMMUNICATION CHANNELS

- ▶ In-Person
- ▶ SMS
- ▶ Voice Calls.

A DAY IN THE LIFE

José has worked in several professions during his life. The one that stands out was profession of paving stone, working in the municipality of Coimbra for approximately 25 years.

Due to this profession, which requires great physical effort, he developed osteoarthritis, due to years of excessive effort in his profession. Last year he underwent arthroplasty and now intends to continue improving his quality of life and mobility through physiotherapy.

Gardening, playing
cards, spending time
with his grandchildren

PHISIOTHERAPY SERVICE ..

3 days a week