\*\*SOAP Note: F.W. Week 3\*\*  
  
\*\*Subjective (S):\*\*   
The participant, F.W., attended the virtual session independently. F.W. reports maintaining a consistent self-care routine including daily showers, brushing teeth, and regular physical activity such as running, playing basketball, and golfing, which he manages independently. He reports having several medical appointments but does not mention any persistent medical conditions requiring ongoing medication. F.W. has an over-the-counter allergy medication that he takes as needed. He also recently navigated a familial COVID-19 diagnosis, taking necessary precautions such as wearing masks. He notes he often assists his wife with choosing movies to watch but allows her to take the lead, indicating some shared responsibility in household leisure activities.  
  
\*\*Objective (O):\*\*   
The session included a user needs assessment focused on technology for scheduling and reminders. F.W. has been using Alexa for playing movie trailers and setting up his calendar for appointments, indicating a comfortable level with technology. However, he expressed a desire to learn more about utilizing Alexa for managing his schedule, specifically seeking assistance with understanding the split-screen calendar feature seen in previous training materials. Despite not currently having a prescription, F.W. indicated he manages medications independently when needed.   
  
\*\*Assessment (A):\*\*   
F.W. demonstrates strong autonomy in physical self-care and remains physically active, thus contributing to overall wellbeing. Despite some minor injuries sustained from physical activities like basketball, F.W. manages follow-up care well, involving necessary medical consultations and adhering to prescribed exercise regimes. The technological assessment indicates F.W. exhibits a willingness to learn and utilize digital tools to support his health management but requires additional guidance on specific technical functions like the split-screen calendar on Alexa. Recent experiences with COVID-19 in his household demonstrate F.W.'s awareness and proactive measures in health safety, and illustrate his compliance with recommended health protocols.   
  
\*\*Plan (P):\*\*   
1. \*\*Technology Training:\*\*   
 - Continue sessions focused on the effective use of Alexa for comprehensive scheduling and reminder capabilities.   
 - Provide step-by-step instructions for accessing and modifying the calendar's split-screen functionality to enhance F.W.'s scheduling efficiency.  
   
2. \*\*Health Monitoring:\*\*   
 - Encourage regular check-ups given his active lifestyle and potential for minor injuries.   
 - Recommend flu and COVID-19 vaccinations in the fall, as discussed with his doctor, to prevent potential health risks.  
  
3. \*\*Home Exercise Program:\*\*  
 - Task 1: Set reminders with Alexa for daily health-related tasks.  
 - Command: “Alexa, remind me to check my schedule at [specific time].”  
 - Task 2: Utilize Alexa to manage exercise routines or reminders related to physical activities.  
 - Command: “Alexa, remind me to stretch after basketball practice.”  
   
4. \*\*Follow-up Consultation:\*\*   
 - Schedule a follow-up meeting to assess F.W.’s progress in utilizing Alexa efficiently and independently for health management tasks.  
  
F.W. shows a positive attitude toward maintaining his health and optimizing the use of technology, underscoring both his independence and readiness to integrate new tools for improved self-care management.