



"I use my phone daily but there's so much to be improved for me to really make use of it."

Name: Brad

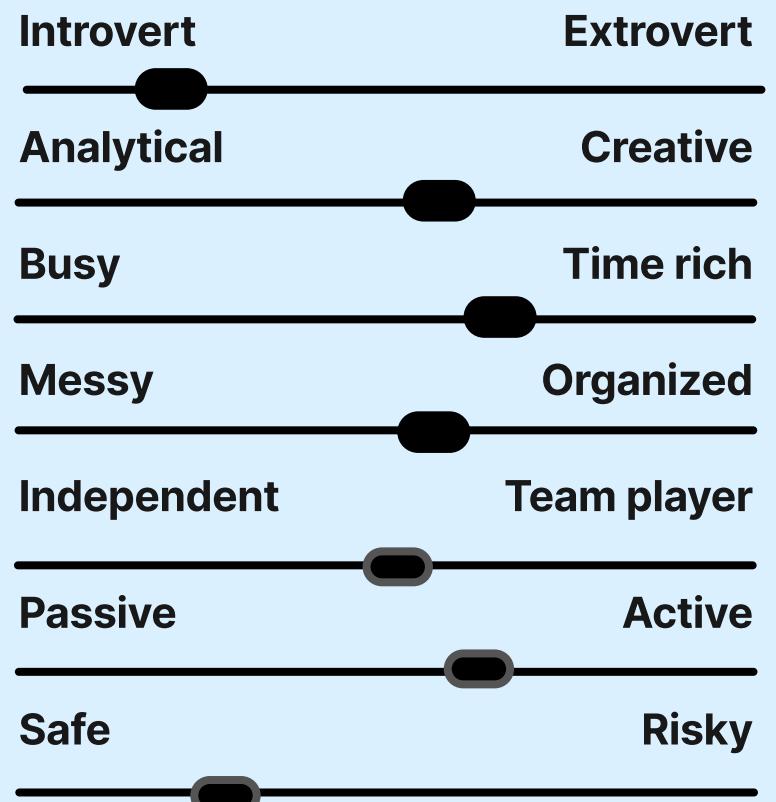
Age: 60

Location: New York, NY

Occupation: Retired

Brad is a retired lawyer who has low vision. He has been visually impaired since early adulthood, and he has learned to adapt to his disability and live a full and independent life. However, he still faces some challenges, such as accessing information and using fast developing technology. Brad believes in the effects of breathwork to keep him in balance and healthy.

Personality



PAINS

- difficulty reading text and using small buttons and tap targets.
- navigating complex websites and apps.
- often feels frustrated and isolated because he cannot access the same information and use technology as others.

GOALS

- Be able to access information and use technology more easily
- Improve mood and emotional well-being
- Improve sleep quality
- Increase energy and focus
- Improve overall health and well-being

Motivations

