



Antonio

Age: 80

At home I'm the caregiver of my sister Elena. She has 70 years old and has Down syndrome. She depends completely on me. I'm her tutor.

Personality and interests

I've a healthy lifestyle
I like playing music.



||
xzy



Health Conditions

Elena has frequent aspiration pneumonia.
Hypothyroidism

Medication & Therapies Prescribed by doctor -

Gastroprotector
Therapy for hypothyroidism
Psychotropic drugs

Additional (non prescribed)

Leg dressings for pressure sores.
Urinary catheter.

Care Professional Concerns

Doctors are concerned about the increasingly frequent inhalation of food and how to get her to eat.

How I prefer to interact with Healthcare providers

I have known the GP for 40 years, and I trust him completely.

He helps me manage Elena at home; usually, I hear him by phone.

Sharing my health information



Health routines Medication list

It's very easy, medications are unchanged from a long time.

Number of daily therapies

4 therapies. I have to mince the tablets.

Frequency of routines (daily, weekly, monthly)

Daily therapies
Each month GP visits her.

Most time consuming or difficult activities

Leg dressing and eating without drowning.

My most trusted advisors

GP, nurses, and physiotherapist.

No of HCP that I interact with 4

Pain Points/Problems Medical

She's not able to walk.

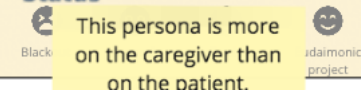
Social

Since her birth, Elena has depended on a family member, first our parents, then me.

Psychological

Elena is a fragile person.

Patient Health Engagement Model - Status



Autonomy Impairment

Elena is on a wheelchair

Self care X Self management X Mental impediment ✓

VERY INDEPENDENT vs VERY DEPENDENT



Health Literacy (Antonio)

VERY HEALTH LITERATE vs VERY HEALTH ILLITERATE



Digital Literacy (Antonio)

PC 5

MOBILE 5

SOCIAL MEDIA ✓

ICT SUPPORT X

CONNECTIVITY ✓

Support Network (Antonio)

My family: my wife and my sons help me a lot.

In case of emergency

In case of need, I have to use the vacuum to prevent Elena from drowning.

Use of a personal health navigation tool

I would appreciate a tool that lets others help Elena in case I'm not able anymore.

VERY WILLING vs VERY UNWILLING

