# Mary



"I want my mom to be safe and happy in her home."

**Age:** 61

Work: Accountant

Family: Single, children, mother

Location: Montana

## Personality

| Introvert    | Extrovert |
|--------------|-----------|
|              |           |
| Analytical   | Creative  |
|              |           |
| Conservative | Liberal   |
|              |           |
| Passive      | Active    |
|              |           |

Caring

Workaholic

Trifty

Friendly

#### Goals

- Ensure mom is safe and healthy.
- Keep mom living in her own home independently.
- Stay patient as she tries to care for mom's changing needs and personality.
- Balance work, caring for mom, and personal needs.

#### **Frustrations**

- She often calls mom and she doesn't answer the phone leaving Mary wondering if she's okay.
- Mom forgets things, but Mary can't tell if this is a medical issue or if mom just isn't paying attention.
- Mom is still coming to terms with her aging process and takes considerable convincing at times to change her lifestyle.

#### Bio

Mary has always lived at quite a distance from her mother. She has her own family and works full-time so she hasn't been able to visit as often as she would like. So talks to her mom frequently, usually every day.

Over the past few years she has started noticing changes in her mother as she ages. When she's around her mom, she can see physical changes and challenges. These things concern Mary. She wonders what other change might be occurring: health, cognitive, medications, decision making, and others. Mary is still years from retirement and she works long hours.

Her house is small and not laid out well for her mom. She doesn't have the space or time to care for her mom in her home so she hopes her mom can stay independent.

#### **Behaviors**

Play
Care for parents
Tend to personal needs

#### Needs

Friends
Family
Pets
Career
Retirement

### Family Member Issues

Health

Memory

Cognitive

Physical