

# THEME 3: 24/7 CARING

## Hello, I am Aune and this is Henri.

I'm seventy-nine years old and live with my husband Henri who is eighty-four. He is paralysed and I take care of him around the clock. The situation has been the same for the past six years, ever since Henri got a stroke. I'm in relatively good condition myself, otherwise I wouldn't be able to take care of him and we wouldn't live in our own place.

Most of my life revolves around taking care of Henri nowadays, ever since I retired. He spends most of his time in his bed in the

living room except for when we're outside and I push him around in his wheelchair. For now I get along with him quite well, being able to lift him up and move outside with him, but some places can be difficult with the wheelchair.

Sometimes life feels quite hard, but then I get strength from praying. I'm fine with the current situation as long as my health holds up.

” ***As going places is relatively difficult due to my husband's illness the balcony offers a way to be outside more and get fresh air.***



### DESIGN DRIVERS KEEP THESE IN MIND

#### 1. FACILITATE FINDING PEOPLE TO SHARE DUTIES

All of Aune's time revolves around taking care of Henri. Part of the problem is Henri's strict requirements for people he interacts with. By helping her find people to share her duties she'd have time for herself as well.

#### 2. HELP DEAL WITH OLD BELONGINGS

Aune's and Henri's apartment is filled with their belongings and mobility aids, most of which are not used. These things take up much of the space and become a mental burden.

