

## THEME 4: BEING ALONE

# Hello, I am Esther.

I am seventy-five years old and I live alone in my own apartment. For me, life has always been a struggle. That's why I am used to letting things go and living with less. I feel that the world is changing too fast and for the worse. People were better off before. At times I feel that my home is the only thing that is not changing.

I am happy with my life, but one thing that I would like to live without is this dizziness that makes moving around difficult. The doctor says it's because of

eating too many pills. At this age, meeting people is not my priority any more. Besides, I think that people look down on me wearing these old rags. My friends used to visit me at home, but since I cannot bake what can I serve them?

It's important to keep my home tidy and I get help in daily tasks from my son. There is somebody from the city who comes to clean, but she simply doesn't know how to do it the right way.

**” When I was able to bake I used to get visitors. Now I don't want to invite anybody since I can't offer them anything.**



## DESIGN DRIVERS KEEP THESE IN MIND

### 1. CREATE SOCIAL SUPPORT

Many seniors have trouble in establishing and maintaining social contacts. They need support in overcoming their insecurities and doubts when in new situations.

### 2. MAINTAIN OR INTRODUCE EVERYDAY PRACTICES

While getting older one gradually loses abilities that are related to one's everyday life. Knitting relates to a sense of achievement and baking can be related to social life. Practices and routines are important in many ways and should be supported or if lost, replaced with new ones.

### 3. MAKE CHANGE LESS SCARY

Many seniors are struggling with change and would rather avoid learning new things. Especially technology can feel strange and most tend to avoid overly technical solutions. Solutions need to be easy and presented one small positive step at a time.

