

## Briefing sheet for “Patient”

TO **ONLY** BE ISSUED TO THE INDIVIDUAL PLAYING THE “PATIENT” ROLE

### Scenario #2

#### Demographics:

- 75 years of age
- Recently lost their spouse to cancer (three months ago)
- Retired nurse
- Has a devoted daughter and grandkids who are keen for you to get out more
- Most significant health conditions are high blood pressure and depression

#### Patient demeanour and mindset:

- Sad after loss of spouse
- Somewhat lacking in motivation in general – in a bit of a ‘funk’ at present
- Easily engaged in conversation

#### Broad list of areas they thought they might set a goal in:

- Reconnect with social circle
- Sleep better
- Learn a language – always dreamt of traveling to France
- Talk with a financial adviser about planning for the future now your spouse is gone

#### Ultimate goal you decide you want to set:

- Get out of the house more – need to try and keep yourself more socially engaged

#### Relevant contextual information:

- Used to be a self-described “social butterfly” a few years ago – with interests including art classes, playing bridge, and going to yoga.
- Usually you were out every day to an activity. Now only leave once a week to go to Coles.
- The last two years have been increasingly dedicated to caring for your spouse as they battled cancer
- You can drive, and have your own car
- You don’t think it will be too difficult for you, and think it is worth prioritising this goal

***Take the liberty to make appropriate assumptions for any other details required.***