

Joe – Hard Worker



Seeking reduction of pain and weight, so he can earn income for the family and be around for fun with his family.

Brief Description

- Age: 45
- Gender: Male
- Race & Ethnicity: Hispanic
- Highest Education: Trade School; Construction Site
- Location: Rural New Mexico
- Living Situation: Lives in a duplex with his wife Maria and 4 kids (ages 8, 10, 15, 18)
- Income: \$27,000 per year
- Insurance: Medicaid

Client Story (Personality/Hobbies)

- Joe has pain in his knees and it has gotten in the way of daily living (climbing stairs/chores around the house/playing sports with children) and has caused him to call in sick on multiple occasions at the construction site.
- He is worried about being able to provide for his family and relies on heavy doses of pain medications to get him through the day.
- Maria his wife cooks most of the food for the entire family. She cooks traditional food including homemade tortillas (with lard), beans, rice, and “the best desserts” for her family.
- Joe has been counseled on being overweight many times, but he does not know how to make a change.
- Maria is worried about her husband and encourages him to go to a primary care provider to talk about the pain.
- Joe is reluctant to go seek help, worried he may need surgery. He feels like he cannot afford to take time off work or pay for medical expenses.

Physical Activity

- Joe is disinterested in exercise, claiming he has “never been into it.” He does not want time spent exercising to take away from his “regular life,” and feels he is on his feet all day at work already.
- He likes being physically active with his family, which could be a motivator.
- He does not know that daily living and physical activity counts as movement.

Health Status

- Osteoarthritis of the knee (Repetitive Motion)
- Obesity
- Pre-diabetes

Pains

- He feels tired all the time.
- His family is worried about him.
- He’s concerned about kids’ future.
- He lives 30 minutes outside of town.
- Struggles with health literacy, and doesn’t feel he could register for programs on his own.
- He has competing priorities, feeling his “real life” is more important.
- He doesn’t want to come off his pain meds for fear of missing work.

Gains

- Wants to feel better
- Would like to reduce pain in his knees, so he can continue to work and play with his kids
- Joe could benefit from virtual evidence-based interventions such as a Chronic Pain Self-Management Program, Walk with Ease, or the National Diabetes Prevention Program
- Joe could make walking and stretching a family activity, which would benefit not only him but his family as well

Clara – Social RN



Seeking increased mobility and decreased pain, so she may continue to do the activities she loves and stay active in life.

Brief Description

- Age: 62
- Gender: Female
- Race & Ethnicity: Non-Hispanic/Black
- Highest Education: Nursing
- Location: Urban New York
- Living Situation: Lives alone in an apartment in the Bronx
- Income: \$90,000 per year
- Insurance: Commercial Insurance through the FQHC

Client Story (Personality/Hobbies)

- Clara wakes up each morning for an early shift at the local federally qualified health center.
- She is on her feet for 12-hour shifts four days per week. Her shifts can change at a minute's notice, which has taken a toll on her physical and mental health.
- She is new to the area and is interested in meeting new people outside of work.
- Clara enjoys trying new restaurants, spending time at church, and being active in the community.
- She has not able to develop a social network in her new community given her long work days and the pain in her knees.
- She has started living a more sedentary lifestyle outside of work (binge watching TV and ordering in carry-out), causing depression and increase in blood sugars.
- After a long day at work, it can be hard to wind down and fall asleep or stay asleep, and her pain sometimes gets in the way.

Physical Activity

- Clara enjoys the company of others when being active.
- Although she recognizes the potential benefits of physical activity, she is always on her feet and has a hard time feeling motivated to exercise.

Health Status

- Osteoarthritis of the knee
- Depression
- Pre-diabetes

Pains

- Some days Clara gets home from work late and there isn't sufficient daylight to get outside for a walk.
- The area she lives is not always safe for a walk.
- She is sometimes called in to work on her days off to cover for other staff or is asked to be on-call from home on her days off.

Gains

- She could develop a friend circle through physical activity as a potential motivator, potentially with neighbors in her apartment community.
- Walk With Ease – Self Directed Enhanced (WWE-SDE) may help increase mobility at her own pace and provide social opportunities.
- The National Diabetes Prevention Program could help increase physical activity and improving nutrition.
- Program to Encourage Active Rewarding Lives (PEARLS) could help address depression.

Dorothy – Active Retirement



Increased energy and mobility, so she can best care for herself.

Brief Description

- Age: 78
- Gender: Female
- Race & Ethnicity: White
- Highest Education: Finance Degree
- Location: Suburban Oregon
- Living Situation: Lives in a house with her husband
- Income: \$2,000 per month from social security
- Insurance: Medicare

Client Story (Personality/Hobbies)

- Dorothy used to love gardening and walking, but she gets too tired now. She feels so limited. She is nervous to do things because of how it might affect her health issues.
- Her husband, William, helps her out with meals and cleaning up around the house, but he too needs help and support.
- Dorothy worries about the pain in her hip and potentially falling.
- Dorothy is discouraged she must rely on others for help, especially because she doesn't feel comfortable driving.
- She has lost touch with her friend circle given her more sedentary lifestyle and she would like a way to regain control of her health and confidence to be active again.
- Her son and her grandkids live 30 minutes away, but they are busy with their lives. They stop by once of month to check in on their parents.

Physical Activity

- Dorothy loves to take walks outdoors but is afraid to do this given the fear of falling.
- She wants to feel less tired all the time.
- She would like to gain control of her health and be more active with her friend circle again.

Health Status

- Osteoarthritis of the hip
- Hypertension
- Falls risk
- Anxiety

Pains

- Dorothy has aches, pains, and increasing anxiety.
- She doesn't like to drive, especially at night.
- She feels like a burden on others.
- She has a fear of physical activity due to the pain and potentially falling.

Gains

- Feeling less anxious about her health
- Not being a burden on family and caregivers
- Dorothy could benefit from a group class like Tai Chi for Arthritis and Falls Prevention or Tai Ji Quan: Moving for Better Balance, that provides an opportunity to increase physical activity while also providing a social connection
- Her caregiver, William, may benefit from Stay Active and Independent for Life (SAIL)