



Name: Sarah Barker

Age: 50

Gender: Female

Occupation: Sales Assistant

Ethnicity: European

Education level: Form 5

Interests & Hobbies: Listen to music, walk with her dog Bobby, eat chocolate cakes

Description of persona:

Sarah is a very happy obese person with Type 2 diabetes for more than 20 years. Life is too short to regret, so she does what she wants, eat what she wants. She has a fetish with chocolate cake, she cannot resist herself from it. She is controlling herself by just having one slides of chocolate cake a day, sometimes two.

A year ago, she became insulin independent. She was trained by the healthcare professional how to do carb counting and work out how much insulin does she need to inject every time. She knows she is not a very bright person but is trying very hard to cope with the calculation, however, she just can't cope with it. Therefore, she is injection random amount every time before meal. This is why she always go back to the clinic because she doesnt feel well. Healthcare professionals always need to keep an eye on her diet and suggest how much insulin dose she needs for each meal. This restricts Sarah to have whatever she likes.

She wanted to know more about insulin dose counting, she does not want to restrict herself to what she wants to do and eat, she wants more flexibility on her daily routine and diet, living like a normal person.

Therefore, Sarah took a week off work and went to the DAFNE course. Although she learnt alot from the course, she still finds it hard to calculate insulin dose because she needs to do it in her mind.

Requirements:

Sarah wants a tool that can help her to do the insulin dose calculation, she is not very bright, she wants something that is straight forward. For her technology is like a stranger to her, she is still using her phone from ten years ago. She thinks learning how to text is the most challenging thing.