

MILESTONE 1.1 – CLIENT NOTES - INDIVIDUAL

Team Number: TUES-22

Complete this worksheet individually before coming to Design Studio/Lab B for Week 7.

1. Include your client notes from the introductory client visit

Name: Sana Khan	MacID: khans288
<p>Client Name: Alanna</p> <p><u>Background</u> Background in health care and midwife (reproductive health in early 20s) 2016- autoimmune diseases Got in car accident which caused injuries Got diagnosed with breast cancer Painting as a way to heal and communicate with world, resilience Meditate, yoga, jiu-jitsu, sculpture Physical problems sometimes</p> <p><u>How body makes her adapt to her work</u> - muscle spasms cause her to struggle to hold paint brush -used wide handled brushes</p> <p><u>Mediums of Art</u> Attempted to work with clay and found it frustrating to work with it Worked with found and collected objects for sculptures and creates new vision out of them -eg. 3D Torso – used hospital bracelets to make bones and connected them with wire -hurt her hands to try and maneuver the wires made it really difficult -lymphedema-causes swelling and infection on arms, hands, or torso -acrylic/oil paint with cold wax medium -website: Inapowerfailure.com</p> <p><u>Main challenges</u></p> <ul style="list-style-type: none"> - No predictability in body (can't know if lymphedema flares -difficulty lifting or painting) - Difficult to hold smaller brushes - Arthritis impacts mobility bending at the waist is hard ie. Empty dishwasher - Pain goes up so it causes brain fog which affects cognition and makes it difficult to complete tasks and memory is impacted (makes notes for herself) - Hard sitting for a long time because of spinal issues so she lies down more to do stuff <p><u>Change in Art Styles</u></p> <ul style="list-style-type: none"> - Paint some pieces differently - Prefer to paint intricate design with a lot of detail but can only do that to a limited capacity (due to lymphedema) - They take time and concentration which is hard for her physically and mentally - Moved to more simple type of paintings - Love sewing with small details and quilt and can't do that anymore due to intricacy - She is clumsy due to different hand eye coordination now which is frustrating <p><u>Tools to help her with some health problems</u> Lymphedema- wear compression sleeves up to middle of hand and a compression vest for torso -Wear the sleeves in lifting, painting, exercising or lifting 5-10 pounds</p>	

ENGINEER 1P13 – Project Four: *Power in Community*

Fibromyalgia- makes body feel uncomfortable eg. Wearing clothes can be uncomfortable and need to wear things that are softer or gentler on skin

~~Spondylo~~ Arthritis- used SI brace/belt helpful for walking but uncomfortable -stopped using it
-Used a posture necklace to help stay more upright when working out (posture impacts pain) but it didn't work well

-Learning to fully adapt and how to use her own body
-Paint on the floor or on the bed because it is helpful

Gardening

-Made her own medicine (grew an herb garden with all her medicine)
-Hard to plant is hard

How to adapt with the pandemic

Stayed home since march- not gone to the gym

-Exercise at home

-Meditate a lot (spiritual practice)

-How to stay calm, move

-Stress causes conditions to flare with clear predictability – how to manage internally (how to maintain peacefulness and let go of other things)

Wishes to have

-Exoskeleton- having access to full mobility (that she no longer has)

-Wish to hold things better

-Wish to have better stability that helps her get her balance and be able to do whatever she wants

Daily Tasks

-Planned each morning (listen to what body says)

-Some days rest all day to spend time with children

-Usually eat breakfast, make coffee

-Paint, clean, make dinner, and be with kids all at the same time

-Different each day, only know when she wakes up

-Oral chemo causes some insomnia

-Each day is different, threshold changes on day to day basis

How to look after kids and herself

-9 and 11 years

-Move slowly to get to the park use cane, can't really run after them

-Can't really physically play with the kids and she can't really do that now

-Hard to have energy with everyone and it is emotionally exhausting

Optimal Environment

-In a really nice space which allows to focus on rising through challenges

-Yoga, exercise, studio space

-Emotional and spiritual optimization (lives in Toronto)

-Everything close and accessible

Ideal outcome of working with us

-Tools that help make painting less painful

-Tools that support body with gentleness

At the beginning of Design Studio/Lab B, we will be asking that you copy-and-paste the above list into **Milestone One Team Worksheets**. It does seem redundant, but there are valid reasons for this:

- Each team member needs to submit their client notes with the **Milestone One Individual Worksheets** document so that it can be *graded*
- Compiling your individual work into this **Milestone One Team Worksheets** document allows you to readily access your team member's work
 - This will be especially helpful when completing the rest of the milestone

MILESTONE 1.2 – INITIAL PROBLEM STATEMENT

Please complete this worksheet in your corresponding team document.

MILESTONE 1.3 – OBJECTIVE TREE, HOW/WHY LADDER, METRICS

Please complete this worksheet in your corresponding team document.

MILESTONE 1.4 – PROJECT PLAN

Please complete this worksheet in your corresponding team document.