

Pat Morrison

Pat is made up. Everything we do today is about Pat. Please do not type anything about yourself.

Pat is 80. Pat lives alone in an apartment near Yonge and Sheppard.

Pat's knees are bad. Stairs are hard. Pat walks carefully and slowly, sometimes using a cane. Anything further is a taxi or a favour.

Pat has type 2 diabetes. Pat checks their blood sugar every morning and watches what they eat. The doctor's notes are in a paper folder. Pat knows what is in it.

Pat has a daughter and two young grandchildren. They live across the country. They do video call at bathtime and phone on Sundays.

Pat has a phone and an iMac. The daughter set it up. They use email, text messaging, maps, YouTube, and browse the web.

Pat's four things

1. A message to their daughter about a winter visit. It should sound like Pat.
 2. One thing to do outside the apartment this month, that Pat can get to.
 3. A checklist for the week, from something Pat said out loud.
 4. Three questions for Friday's diabetes check.
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Pat could be a man or a woman.