

MILESTONE 1.1 – CLIENT NOTES - INDIVIDUAL

Team Number: Thurs-18

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: Vaisnavi Shanthamoorthy	MacID: shanthav
Client Visit:	
Name: Alanna	
Age: Early 40's	
<ul style="list-style-type: none"> • Early 20's → became a midwife <ul style="list-style-type: none"> → Health care provider (duration: 15 years) • Developed a series of autoimmune diseases that affected her sleep and • Started painting (in 2017) as an outlet & trained in Brazilian Jiu jitsu • Gotten into a car accident • Diagnosed with breast cancer (ongoing treatment) • Resting her hands and her body is her main priority. <ul style="list-style-type: none"> → One solution she came up with was to paint in her bed to rest her body so that she could still do what she loves which is to paint 	
<ul style="list-style-type: none"> • What inspires you to do art? <ul style="list-style-type: none"> → Is inspired by the fact that what we do right now in our lives is preparation for what we do in the future. → Painting about the parts that aren't easy makes it beautiful. → Through these answers, it is very clear that she is so hopeful and chooses to approach everything in life in a very positive manner. • Her body is unpredictable. <ul style="list-style-type: none"> → Sculpting is difficult because she does not know what her body is going to do that day. → Challenged with fine motor difficulty due to pain sometimes. → Feels pain to the point where it feels like fire. → Lymphedema → impacts arms (chronic and inflammatory) <ul style="list-style-type: none"> • Even when it isn't active, it can become active. <ul style="list-style-type: none"> • For instance, she said that during a painting showcase, she cut her hand which led to making it active. 	

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- Motions that are difficult: bending at the waist is very difficult/painful, she cannot sit or stand for long periods of time.
- “At different times it varies, my body is unpredictable day to day. I cannot plan to work on a particular day. Sometimes fine motor due to pain, muscles being impacted (fibromyalgia), lymphedema in arms (chronic, inflammatory) is triggered by any cut, so impacts or injuries need to be avoided.”
- She said that she tends to be clumsy so working with fine things, so it is vital that she takes extra caution.
- **Are you open to digital means of painting?**
 - Has not explored a lot in terms of a digital means of painting.
 - Also stated that it is not that the client is not interested in this method of painting but part of creating art is that it makes her feel alive, she wants to be able to touch it, be a part of the process
 - A digital means of painting doesn't make the client feel like they are engaging their senses in the same way.
 - Drawing in my free time, I definitely understand how Alanna is feeling here, having that personal aspect of engagement with your work just makes it that much more special, and having the actual feeling of holding a paintbrush or a pencil when painting or sketching makes it that much more personable.
 - Additionally, things like even holding a pen → leads to pain as well.
- **How has COVID-19 affected your daily activities, how have you adapted (yoga, etc.)**
 - Only gone to doctors' appointments (mandatory)
 - Hasn't gone to a gym since early March
 - Transferred from Jiu jitsu to yoga during the pandemic
- **What is the biggest roadblock or impediment to doing the things you love doing?**
 - Dealing with unpredictability
 - This seems to be an ongoing roadblock for her, and it is clear how strong she is for finding methods to still do what she loves
- **When working with painting the other day**
 - SI joints were so locked up where standing or sitting painting was uncomfortable
 - Her solution: She put her painting on a stool, while she was kneeling on a pillow and bearing her weight on the side of stool
- **Sculptures**
 - Early on, she took a pottery class
 - Doesn't like pottery because it didn't work well for her
 - Likes sculpting with wire maybe because she also has a background in sewing & being a midwife has experience with dealing with similar tools to wire
 - Although wire hurts her hands, she wants to do it more.

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- When the client mentioned this, it clearly stood out to me of much of a fighter she is, rather than quitting, she wants to make the activities she loves doing work.
- Has a gluten allergy so paper mache is not an option
- Which joints cause the most issues?
 - Primarily the spine, the right shoulder, and the wrists/hands
- Are you using any tools/products to aid with lymphedema and ankylosing spondylitis at the moment? What are some ways you believe these products could improve?
 - For Lymphedema: wears medical compression sleeves and compression vest when painting or exercising.
 - Alanna states that they are helpful for being more functional but they are not comfortable, partly because she has fibromyalgia, which makes some things on the body feel uncomfortable
 - Needs soft textures
 - For Ankylosing spondylitis (type of arthritis): has used brace or belt for walking but otherwise uncomfortable, has also tried to create a posture necklace but found it did not work, most adaptations are postural → for instance painting on the floor or on the bed as mentioned previously.
- You mentioned being a parent, how has this challenged being able to interact with your kids?
 - She mentioned it being a challenge, “they are young and rambunctious”, physically they are almost bigger than she is.
 - The physicality of parenting is something she misses; it’s changed a lot
 - It is the hardest when a new condition emerges, and energy goes into care for it.
 - All in all, it’s hard to have enough energy for everyone, emotionally exhausting.

Side Notes:

- Lymphedema
 - Swelling generally occurring in arms, legs or both, commonly caused from removal or damage of lymph nodes from cancer treatment.
 - Symptoms: swelling, feeling of heaviness, restricted range of motion
- Ankylosing Spondylitis
 - an inflammatory disease that, over time, can cause some of the small bones in your spine to fuse.
 - Symptoms: pain and stiffness in lower back and hips, neck pain and fatigue are also common.

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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.