

K.H. 19.06.

K.H. is a young woman who has been grappling with the emotional and physical toll of her advancing heart disease. As her condition worsens, she is finding it increasingly difficult to manage her day-to-day activities, particularly in her role as a caregiver for her partner, who has health challenges of his own. Her energy levels have significantly declined, and she often finds herself exhausted after simple tasks.

When asked what is most important to her, she emphasizes her deep love for her family. She has two grown children, both of whom have busy lives. Her daughter is expecting a baby, making K.H. a soon-to-be grandmother—an exciting but bittersweet milestone, given her declining health. She doesn't want to burden her children with her own struggles, particularly her daughter, who is preparing for the arrival of her baby. This creates a deep internal conflict for her, as she desires to be more involved in her grandchild's life but feels unable to offer the level of support she once could.

K.H. has had some difficult conversations with her partner about her health and what the future may hold. They've discussed plans, but she admits she feels torn between continuing her caregiving role and accepting that her own condition may require her to step back. She values her role as a caregiver deeply but her illness is making it harder for her to maintain this role.

K.H.'s primary concern is maintaining her independence and dignity as much as possible. Despite her physical challenges, she wants to be seen as someone who is still capable of love, care, and connection with her family. Her goals at this stage revolve around finding a balance between managing her illness and remaining active in her loved ones' lives, particularly as a grandmother.