

Interview 2, “James”

Date: 18.3.2019; Duration: 35min, Setting: University conference room

I = Interviewer, P = Participant

I: Here we go, so erm I would like to start off by just asking you about your caring situation, so how did that come about?

P: Erm in August my dad died and erm, and I’m an only child so yeah, sort of temporary moved in to look after my mum and dad for a while it’s become clear that I’m probably going to be there for a while.

I: Ok (yeah) so your mother has a diagnosis of dementia?

P: Yeah, sorry so she’s got early onset of Vascular Dementia so it’s still in the early stages but it’s definitely progressing.

I: OK, when was that diagnosed?

P: Erm I think about, must be about coming up for two years, I think it’s been on the cards a while, it took a long long time to get her diagnosed so.

I: These things usually do.

P: Yeah, yeah.

I: So how long have you been looking after your mum then?

P: Erm so six months.

I: Six months exactly.

P: Pretty much six months.

I: OK, so talking about your caring situation, what does that usually involve for you?

P: Erm so she gets carers in the mornings who do her eye drops if I’m not there and then she...so the problem is I work shifts I’m a social worker, support worker sorry so it’s, yeah, it’s just difficult to sort of; I Can’t always be there so it’s just so they can step in if I can’t be there basically. So, she gets support in the morning, they do her eye drops, she’s got glaucoma and then they make sure she has her dinner and then that’s it really. Erm so she gets that, I mean my job is just to; she can do her own personal care but it slips sometimes, so just to keep a check on her at night time on top of that just make sure she’s erm eating, drinking, she’s had

30 a few UTI's from not drinking enough water so just make sure her fluids are up, erm
 31 entertainment I've sort of helped her sort her social things so that's it just now really.

32 I: Yeah, how much time do you think you spend on looking after your mum on average per
 33 week?

34 P: Per week erm, per day I'd say about three hours or something so just yeah, yeah, give or take,
 35 some hours more, so maybe I don't know 1 hour???

36 I: So, you said you currently live with your mum?

37 P: Yeah.

38 I: Yeah, ok, did you have to give up your own place?

39 P: Yeah, my flat right now is erm, I've just some friends are renting it instead so, the options
 40 there should I need to go back but yeah, I can't see it happening so.

41 I: Ok, Ok. How do you feel about the care that you provide for your mum?

42 P: That I provide?

43 I: Yes.

44 P: Erm yeah, I think to be honest with you quite good, because I'm a support worker myself, so
 45 I think that the way specifically with dementia I think that there, I think I come at it from a
 46 place where I sort of know how it works, I sort of know how to sort of put things in place and
 47 sort of introduce them and just keep her on the right track. It's not fool proof, there are times
 48 when things work really well and there are things, times when things just go disastrously
 49 wrong and sometimes it's a really interesting thing cos sometimes there's just, you know that
 50 bouncing off thing, which she has no idea what you're talking about, you know so she was
 51 shoplifting for a while, she managed to spend about £10k before then before we got the credit
 52 cards off her and she just couldn't identify it as a problem, she couldn't close the doors, it was
 53 like a hoarding thing and just no idea, no idea what you're talking about so (I see) but that's
 54 yeah.

55 I: Quite challenging?

56 P: Yeah definitely, so she's been shoplifting as well so that can be quite challenging you know,
 57 and it's very difficult, so the police are, the police don't know what to do "errrrrr" yeah, it's
 58 difficult.

59 I: So, all of that started a couple of years ago?

60 P: Yeah, it's very unfortunately it's very difficult, my dad was of the, an older gentleman who
 61 thought he was protecting his wife (phone interruption) erm sorry yeah it's I think he was just
 62 of the generation where you protect your wife and you get protective and I think he was
 63 probably going through hell and I mean he just never really, yeah it's just difficult to know to
 64 what level and I think he thought he was protecting her but then you don't know it's got worse,
 65 you don't know erm she was, always doing this so she's not that kind of thing yeah.

66 I: So, talking about your work situation a bit more, so you mentioned that your working for the
67 council (yes). So, can you tell me a bit more about your job so?

68 P: Yeah sure, so I work with vulnerable adults I make a magazine on a Wednesday, where I teach
69 them; it's their magazine sort of they post things and turn it into a printed magazine and then
70 I care for autistic people sort of on the other days so yeah it can be you know you have 36
71 hours a week but it could be shifts are all over the place so sometimes it's all night time and
72 sometime it's all during the day so it's just, it's inconsistent so that's what makes it quite
73 difficult sometimes so.

74 I: So, do you have any control over the shifts that you're doing?

75 P: To a point, I can say that there are certain days that I couldn't do or certain things but for the
76 most part I just have to rely on people swapping shifts and things, so yeah, it's ok.

77 I: Are you having to do that often to be able to care?

78 P: Erm no, not so much, I mean it was so my mums [Mums sister 0:06:11.8] is sort of quite good
79 erm and my aunt as well so they sort of step in and sort of help but it's difficult, you can't be
80 constantly bothering people to do things yeah.

81 I: So that means when you're not able to change shifts, you can...?

82 P: They can come and help out.

83 I: Ok great. How, so said you work was it 37 hours a week?

84 P: 36 hours a week.

85 I: 36 hours a week, ok. Is that constant of the week the 36 hours or does it vary from week to
86 week?

87 P: Erm yeah, it tends to be sort of you know 7.00 till 3.00 or 3.00 till 10.00pm and then sometimes
88 they'll be a sleepover, so it'll be right through the night as well so a bit all over the place so.

89 I: Could you take me through a normal like day for you?

90 P: For me?

91 I: Can you, how you set the caring that you do.

92 P: Yeah so for example this morning I was working at 7am so I had to get up at 6.00, I have to
93 make sure that mum is..I mean she gets up herself but just to make sure that she wait's in for
94 her carers erm she at the moment she's quite good cos she has her own breakfast and she
95 can do her own self-care, but we have to sort of help out cos she can think she's showering
96 and she's not showering or sometimes she can shower and just put on dirty clothes again
97 there's a whole thing going on about that, I don't really understand it, yeah and then erm
98 make sure that she wait's in, so to work basically do my shift then come home so, not too bad.
99 But she tends to she goes out quite a lot so it's a big part of her sort of dementia so yeah.

100 I: Do you see any, any potential issues with combining work and care, for example where caring
101 intersects with your work?

102 P: Erm, I mean works very understanding just now, I'm sort of in a unusual position because it's
103 still the early stages of my mum so even though it's definitely advancing it's still quite, she's
104 still doing her own personal care, she can still erm go out and do things independently to a
105 point, you know so that's ok but it's more just a very difficult; a year from now I'm not too
106 sure how it's going to work, you see what I mean yeah so.

107 I: Have there been any instances where you for example have been called at work that
108 something is up?

109 P: Sure erm called from Boots because she was stealing again you know I just had to say I can't
110 pick her up because I'm at work, erm yeah a couple times it's been a carers accidently put erm
111 acid that burns her verruca's in her eyes and I had to like of cancel work to go and take her to
112 an emergency appointment and oh god a lot of stuff like that so yes, so you know it's just a
113 bit of erm juggling act, but I think I'm entitled to some extra days off because I'm the one
114 caring for my mum; I haven't looked into it too much but, I don't like to do it too often so
115 yeah.

116 I: Does your line manager know that you are a carer?

117 P: Yes (ok). I'm pretty open and honest about things and I just think that there's no point in
118 pretending that you know, and they know, you know exactly what's going on so I'm signed off
119 for a month and then I'm signed off for like another three weeks after that or something, just
120 cos, just cos I'm caring, just cos it's the only way I can do it until sort of other things are put in
121 place so.

122 I: Would you say that their attitude is supportive?

123 P: Yeah, I think it's care, yeah so, I think their very, they've been very good they've kind of left
124 me well alone so, like you know I have my deadline for magazines and things and I mean yeah,
125 they understand what's going on, so they've been pretty good.

126 I: And you say there's instances where you talked about the emergency where you had to take
127 your mum to emergency care. What would happen to your shift?

128 P: I would just have to call in sick and just explain the situation and somebody else would need
129 to come out (ok, ok) that's all you can do.

130 I: So, you talked about your aunt helping you with caring and you have obviously help with
131 professional help with caring. Is there any other support that you are using at the moment?

132 P: Erm so she goes to day centre on a Wednesday that she's just started erm like and that gets
133 her out of the house for a little bit, erm there's some friends and family who sort of see her
134 but it tends to be they take her out for a coffee and then all the major issues are left for me
135 to deal with so yeah, and that's just how it has to be but it's it's ok, it's just. I think if there
136 was somebody else here it wouldn't be so bad it's just you know you can sort of split it

137 between you but it's just me, it's just a little bit like humph, good enough, I don't have the
 138 answers sometimes and people just expect the answers from you so.

139 I: Of course. Do you get any help with finding the answers?

140 P: Erm so we have an OT erm who's been very good erm, so she has a link worker who has found
 141 me some groups and things to do and she has a erm social worker because she was stealing
 142 so they recruit that so you know there's something out there it's taken maybe six months for
 143 that to sort of all come about, but at least there's; and I think I'm in that position where I know
 144 what to ask for (yes) whereas I think there's so much information out there I think there are
 145 people out there who are not getting what their entitled to (yes), they just don't know
 146 anything about it so yeah, so she's just got funding for a 35 day rest bite as well so she can use
 147 that as well over the years. So that means if I am ever away she can have a place to stay so,
 148 good cos last time it was a disaster when I went to India for 2 weeks and I, thought I had it all
 149 planned out you know, she had some entertainment everyday and her carers and just like
 150 rogue and just not eating and having a great time and just missing all of her appointment and
 151 getting arrested for stealing and yes, all that stuff so yeah (wow). But, in a funny way these
 152 things almost, she has crossed the line before I can sort of deal with it you know, it's just that
 153 sort of mentality so from my job so yeah, it's a bit difficult sometimes.

154 I: I understand. Erm do you get any additional support from your workplace?

155 P: Erm no.

156 I: No, Ok. Have you had a carers assessment?

157 P: Yes, so she gets that, she gets carers allowance - the high end.

158 I: High end ok?

159 P: See that's what I mean, so like yeah, so she gets that.

160 I: Great so how do you feel about being a working carer about combining work and care?

161 P: It's erm today ok, yesterday not so much it's very overwhelming and it's very erm yeah it's
 162 just it's frightening, it just you know it's so difficult to what's going to happen in the future,
 163 and so much money, it's like a thousand pound a week for a care home and I'm not saying,
 164 you know she's not ready for a care home but it's going to happen I mean and it's sort of
 165 upsetting where you think you've spent so many, spent her life you know building up things
 166 to make sure that I was well off, you know and it's yeah probably all going to go you know it's
 167 just a..nothing to do with your question sorry it's erm.

168 I: Oh god it does.

169 P: It's just that yeah, it's just a little overwhelming, that's more of the issue work is ok because
 170 erm the guy I work with who's autistic just by chance I've worked with very challenging people
 171 and I've worked with very easy people and just the way it's worked out it's pretty easy that's
 172 why you know, I just be able to work for rest bite to be honest. Works very, works ok just now

173 but there's you know, I'll be moved on at [Place 0:14:44.3] to more challenging people and I
 174 don't really know how I'll cope with that you know, but right now it's ok so.

175 I: OK, erm let's talk a bit more about technology (sure) because erm the project is, I'm trying to
 176 identify technologies that can help people, can combine work and care (sure). Does
 177 technology play a role in your erm?

178 P: A little bit (yes) erm so I've already got one of the GPS pebbles it's just arrived, I need to find
 179 out about what happening to it but that should be, she'll always come home but now the
 180 weathers getting nicer she goes further and further afield Aberdeen and Inverness and things
 181 so and also sometimes she just tell me she's going to Aberdeen, so that where she's gone so
 182 it would actually be quite nice just to have a just a check she's ok basically just to keep her,
 183 have a rough idea where the hell she is so. Yeah GPS is the main one, mobile phone is a fairly
 184 essential tool I'm mean she comes in there for it which isn't always erm and that's it just now
 185 really with her so I always, it's a part of her care blazers network, do you know that? It's an
 186 an American group it's a YouTube sheet ah, that's technology as well, it's a YouTube
 187 technology I don't know if I said that. It's a YouTube educational site from a woman who's a
 188 dementia specialist and she just brings out topics everyday and how to deal with it or see
 189 things from their point of view, like sort of, what are you doing wrong, why didn't that work?
 190 You know just that sort of educational stuff and then there's a message board group which I
 191 just found essential, just really good I mean it's American so it's just kind of different there
 192 very different from Britain you know very sort of thoughts and prayers and Jesus sees you but
 193 it's also just a group of like minded people who get what you're going through and so that's
 194 quite a nice; even though they're on the other side of the world there a support network there
 195 for people who can help.

196 I: That's great.

197 P: Yeah, yeah.

198 I: So, the GPS device that you were talking about hasn't arrived yet?

199 P: Not yet (ok) I ordered it 3 weeks ago, so I need to chase them up.

200 I: OK. Is that like a watch or...?

201 P: It's a pebble they call it so it would be about this big and then it connects to, from what I
 202 understand it's like you can even put it on a keyring for her I think, it just charges up every
 203 eight days or something so erm for eight days she can just I think you just check on the GPS
 204 just to see where she was should she ever not make it home or god forbid be off gallivanting
 205 or something so yeah.

206 I: OK, (yeah) have you actually talked with your mother about your decision to get that device.

207 P: Err yes, I mean she fairly the interesting thing with her dementia is it's made her really placid
 208 really so she's fine with it and all I'm going to say to her is "look it's just to keep you safe and
 209 it's just in case you ever got lost or you ever sort of got on the bus and didn't know how to get
 210 home where we could find you again." I think that would be enough for her.

211 I: So, did you say she does carry a mobile phone?

212 P: She carries her mobile phone but she's a bit, some days can use it and some days she just goes
 213 in a huff with you and hangs up on you a lot but at least if she hangs up on you, you know, I
 214 know she's alive (laughing).

215 I: So, do you use breaks at work for example to check up on your mum?

216 P: So, the way it works really is that the guy that I'm with, you know you're in his house and you
 217 could be on an 8-hour shift so I "can I use your phone to sort of..." as long as on not long. I'm
 218 not on it for hours but erm but do I call? Erm no not unless I need to, not unless she's missed
 219 her, I get a call from the carers if she doesn't turn up or if she wasn't there so usually I just call
 220 her "where the bloody hell are you?" but that's it you know. But if she needed, she had a
 221 problem she could call me, that wouldn't be a problem so to pick up.

222 I: So basically, when you don't hear anything from the carers you assume that everything is ok?

223 P: Yes, (that's great) pretty much.

224 I: Erm so erm you don't really have any, any experience with the pebble yet, but that will be
 225 really interesting? (Yes). And regarding your ability to use the phone and your mum's ability
 226 for your mum to use the phone, does that work alright, is there anything that you would, you
 227 would like the device to be able to do for you?

228 P: I don't know erm so I know that there are other sort of more simple phones or bigger and that
 229 might be an option of getting her one of those if there's a problem just like press you know
 230 two buttons kind of thing so that's an option and the other option that we're looking into is a
 231 tablet dispenser, it's like a timer, so that would be quite good cos the danger is sometimes
 232 she takes it too early or just forgets and then takes another one, that's happened a couple of
 233 times, there should be a way to sort of regiment it but it's also quite good to give her things
 234 to you know, the tablets should always be there at 4.00 so like it quite good to keep her in
 235 that you know, give her a job to do until she can't do it anymore yeah.

236 I: You obviously know quite a lot about the technology.

237 P: Sure, sure a little bit.

238 I: So, is that due to your work or have you just informed yourself?

239 P: A bit of both.

240 I: A bit of both?

241 P: Yeah, and also that care placements group so people are just able to sort of tell you things and
 242 some people have got that nest technology with like cameras in their house and it's just a
 243 matter of keeping up, I'd rather not go down that path just now so.

244 I: Right ok, but obviously you're are aware that there are quite a lot of things out there and
 245 you...

246 P: Yeah, all the websites (yes) it's a big business for it. A bit expensive some of the stuff.

247 I: Yeah yeah. So, what was I going to ask you? Sorry. Yeah if you met someone else who is
 248 combining work with looking after someone who is living with dementia what kinds of
 249 technology would you suggest to them, what do you think?

250 P: Erm it just depends on what their situation is, it's so fluid I mean one person can yeah, there's
 251 just not magic hands there is there, other than the tablets I mentioned the GPS thing I
 252 probably the two major one just now so erm yeah.

253 I And a bit more abstract question (sure). So, if you had a magic wand what would you like,
 254 what would you want it to do for you?

255 P: It's a hard one, erm in a funny way just now we we're in the situation is just now with mum
 256 like it's, it's manageable if these things work. What I would need is something to remind her
 257 to like stay in but no front door doesn't work right now, but something impulsive just "I need
 258 to go" and just shoots out the door you just what it is there, you know just posters and things
 259 so I don't know that's the things I got with her erm some technology to stop her shoplifting
 260 would be great but I don't know what you suggest for that or other than an alarm that goes
 261 off, she'd soon get rid of that erm yeah that's a hard one so, yeah she's. People maybe just
 262 probably worth explaining to you when I say shoplifting I'm not meaning like a chocolate bar,
 263 I'm meaning about a thousand pounds worth of perfume...oh big times so she, she, and it's so
 264 awkward because you know her sister now you know doesn't want to take her into town. So
 265 what she does she goes around and she'll load up, she'll buy something and then she'll like
 266 load up this bagful of stuff of photo frames and things then casually just walk out and then
 267 when the alarm goes off, she speeds on out of there, so for ages I thought she was spending
 268 a fortune, I thought she had a secret credit card you know, she was stealing but as I've sort
 269 of said to some other friends in a controversial way I far rather she was stealing it than...she
 270 doesn't have £10k you know and it's there's a weird thing when she buys theses things and
 271 then it's in the cupboard and it's forgotten about and then the next day she just does it again.
 272 That's not answering your question. Erm the, the technology I don't know I think with the GPS
 273 right now, something to make her to wait in for the carers would be great, something to stop
 274 shoplifting would be great erm something to remind her to change her clothes, I don't know I
 275 think just like that it's the way that we talk to you or something, I have no idea.

276 I: All those are quite good suggestions already (sure) and I'm pretty sure that given time (yes)
 277 these things get developed, it's at a point where we just need to know what people require
 278 so that is really helping. Erm so apart from technology what else can you think that would
 279 make your life easier, particularly being a working carer, what do you think?

280 P: I just don't have an answer to that it's just kind of that's the situation. I think, I think there's
 281 things are erm for me this, it's just a friends just don't get it that's the hardest part feeling
 282 quite alienated you know what I mean, not always friends who try and help, try and help by
 283 going "oh well what are you going to do, but what are you going to do, how are you going to
 284 survive"? People are trying to keep you sort of real but they don't realise you're just I don't
 285 know, I have no idea what I'm doing just forced into this situation so erm so some sort of
 286 technology then would sort of, I just like a guide to just what to say to people you know it's

287 just the last thing in the world you want to hear is somebody wanting to know your 5 year
288 plan and you don't even know how you're going to make it to the end of the week, you know
289 what I mean (yes) so yeah.

290 I: So, what would like your friends ask you or?

291 P: Yeah, I mean as I've said to a lot of friends I'm quite been a bit..."you know if you want to help
292 just invite me out" that's what I need erm it's just people try and help and but it's just
293 complete opposite from what you need from people, you know. It's interesting as well
294 because some male friends just vanish, just vanish, just they're gone, just you know it's not
295 their problem and it's it isn't their problem, it it's just like it's a hard one just you know. I think
296 a lot of female friends' sort of get it, but I think guys just don't know what to say, don't know
297 what to do yeah, it's a hard one.

298 I: That really is a hard one. Look that's was like quite a substantial social change isn't it?

299 P: Yeah and I think it's almost like my parents had me quite late and I think a lot of these people
300 you know their 15/20 years away from what's going to happen but the wee times I fully know
301 they will actually be coming to me, it's just a fact you know but erm yeah. Another technology
302 Facebook has been an interesting one you know, because just for that thing when people
303 sometimes just don't know what's going on, so I use Facebook a lot in terms of like it's, their
304 funny, but my updates are also like, nobody could possibly say to me "I don't know what's
305 going on with you", like it's there, "this is what happened today, this is what mum did", you
306 know and I twist it in a sort of funny way but it's also just educating people and it's also just
307 making people I kind of get it now in a way that I just couldn't even fathom before so yeah, I
308 suppose it's...so yeah I use that technology in a way to just educate people as well so.

309 I: It's very interesting (yeah) do you think, so does it have a therapeutic function with you?

310 P: It's, for me definitely, if I can laugh at it, I can handle it, it's that sort of dark humour thing you
311 know, like if I can laugh it's ok. I mean there's even things I couldn't post on it, I can twist that
312 into something funny, just yeah anyway.

313 I: Does for these very dark times do you still have someone that you can share it with?

314 P: Yes, yeah like I have friends and and people are good it's just yeah, it's just difficult and you're
315 not in the best place and sometimes people are you know they have short memories people
316 forget like you know "I don't know what your problem is actually"! I digress is what my
317 problem is actually but anyway yeah but that's, that's it sometimes and it's. I mean she's been
318 quite good lately but you know over the last few months you know when you're just tired and
319 you're stressed and you you're sleep deprived and it's not fun, you know it's like just you're
320 just lugging around this person with no conversation, it's just bored that wants to be
321 constantly entertained so you know that's, that's what I really struggle with sometimes.
322 Anyway, I don't, we go to the theatre and take her to nice things, but sometimes you just, it's
323 just her logic is "what are we doing now?" you know I'm just like "fuckoff". (laughing).

324 I: So, would that be something that might help you as well if we found a way for your mum to
325 be entertained?

326 P: Sure, that's really good yeah. Erm I think also in terms of technology I think there's, there's
 327 so many groups but away to combine everything would be quite useful (yeah) just to like ok,
 328 where do I go? What's available on Monday in Scotland? You know just that thing would be
 329 really nice other than "oh god, here's 30 websites and this one's not open and this one only
 330 for this person and these ones not for vascular dementia" you know what I mean by that, just
 331 sort of simple sort of thing would be amazing actually. There's probably is something like that
 332 to be honest but it's the problem is there's so much stuff out there but you almost have to be
 333 in a more erm, you've got to be organised, you've got to be prepared and sometimes you just
 334 don't have a...when you're tired and you're overwhelmed it's so hard to be organised for
 335 somebody else that's my issue so the temptation is just to be like "I'll do that tomorrow" do
 336 you know but now it's like 6 months in and you well yeah some of that stuff you really have
 337 to deal with and there's plenty of stuff out there but it's just that "yeah" do you see what I'm
 338 saying?

339 I: Yes

340 P: It's just for me a bit overwhelming sometimes so yeah.

341 I: Erm so for yourself what do you want for yourself in the future the near future maybe the
 342 next year?

343 P: That's a hard, hard question I mean I just I've no idea what's going to happen next do you
 344 know. For a long long time she was just, it was just early stages and now it's definitely gone
 345 further down it's so fluid, I just don't know, and until you know what sort of situation she's in,
 346 I mean as far as I'm going on holiday with her to Benidorm next Saturday you know and part
 347 of me is dreading but also I'm going to be damn sure she has a good time because I'm not
 348 entirely convinced she going to have, I'm not convinced there's going to be many more
 349 holidays, put it that way. Erm yeah so until, until I know what is going to happen next with
 350 her like how it's going to manifest and what we can I just don't have an answer to that yeah,
 351 I just can't be it, just can't, I can't be living at home with my mum, miserable for the next like
 352 3, 4, 5, 6, 7 years you know it's just it's not fair, that's the hard thing.

353 I: So, would it be your short-term goal, you need to move out again?

354 P: I think when she gets to a certain point, then it would be a care home and then, so I have an
 355 appointment with an accountant just to figure out what the options are soon erm actually
 356 don't want to that I'm planning to do that and then erm once (interruption sorry) yeah so
 357 basically I don't know just need to wait and see but I can't be I guess, you know when she gets
 358 quite ill and sort of UTI's and things she can be up 3.00 in the morning, 4.00 in the morning, 5
 359 in the morning, 6 and then it's just "I can't be getting up at " cos you start getting up with her
 360 all the time so I find myself going to bed really early and then I wake up really, really early and
 361 that's just not, that not good for anybody but as it stands I couldn't leave her just now, it's just
 362 not an option but it is an option but I wouldn't want to, you know, she's lost my dad, she
 363 doesn't really have, she has no life, it's very hard, so anyway.

364 I: Erm is there any advice you would give someone who is in a similar situation as yourself?

365 P: Yeah, just I think just roll with the punches, it's just how it works it's just that's things are dark
366 and unbearable one day and then the next day it's fine, you can totally handle it, but it's just
367 remembering that erm what's the expression? "There's two short-" and I think it's quite true
368 and I think it's just that's the hard part about it and I think I've come from a place that I have
369 sort of I need, I know how to apply that sort of practical thinking it it but even I have moments
370 where you know you're supposed to like, you're not supposed to argue with them, you know
371 but sometimes I just have to argue with you and you do the most ridiculous things you know so
372 it's, it's hard and it's hard to sort of sensor yourself because sometimes you're frustrated and
373 the hardest part sometimes is you can be mad as hell but sometimes she's done it two days
374 ago and she's long forgotten, she has no idea what you're on about and you just need to be
375 like 'stop, you're not doing anything, you're just poking the bear', you know you're just
376 upsetting somebody so the advice I would give somebody is erm, giving her jobs to do and
377 you know, she isn't doing very well and my god it drives my crazy but she gets so much from
378 "I've done the dishes, I've done the dry, like I've done like I've done the ironing and I've done
379 the tumble dryer" and she used to be in charge of making the cups of tea and then I caught
380 her one day she did the toilet and I saw her go "oh" she used her fingers and sort of scraped
381 off the poo off the bowl and then I was like "oh no you need to, you need to wash your hands,
382 you'll get sick doing that" and then erm she went "oh I'll just put it under the tap" and I was
383 like "no, no, no, you need to like wash your hands with soap" and she was like "you're shouting
384 at me" and I was like "oh I don't think you're like making me a cup of tea" (laughing). Yes,
385 that's so that's it I think the danger is that you can just say "oh no I'll do it and you just sit
386 down" and that's probably the battle with my dad, he's probably a little bit, you know just to
387 keep her active and sharp.

388 I: That's very good advice.

389 P: Yeah, I think so.

390 I: Thank you very much I just have a couple of brief questions to wrap up so. How old are you?

391 P: 38.

392 I: 38 and how old is your mum?

393 P: 73.

394 I: OK, so do you currently, are you in a partnership?

395 P: Yes.

396 I: Yes, I think that's pretty much it, that's wrapping it up (sure). Thank you very much again for
397 taking the time.

398 P: No problem at all.

399 END