

APPENDIX 5.13

TRANSCRIPT FROM 'BEING' INTERVIEW

Enid: KNOWING

NB Enid has cognitive problems which mean that she often loses the thread of what she wants to say before she reaches the end of the sentence.

(Sound of radio quite loudly in background)

Rex She's not the same girl as yesterday and at the weeRexd.

Q Yeah.

Rex She's just had a bad weeRexd, and er, I'm sure it was the weather, because nothing changes - the pills don't change. I don't imagine that just over the weeRexd they would change.

Q No. It's just the weather?

Rex It's got to be the weather.

Q Yeah.

Rex Are you right there darling? You've got your sunnies. Put your sunnies on. Do you want a cup of tea or anything before you start Anne?

Q Er, I'm fine thanks, but do you want anything?

A No.

Rex No. OK Leave you to it.

Q Great. Thanks. Now this is the other one. I'm going to put this microphone on you because it worked well last time. Remember I put this on you before?

A Oh Yes.

Q And it picks up your voice nicely. So. And I'll just come a bit closer.

A Inaudible.

Q Yeah I'll just do that too. There we are. Um yeah, so I'll just get a bit closer, and ...

A You just tell me what to do and what not to do.

Q Right. [laughs] So what I'm going to do is just pop that on there for you. Oops. There. So the only trouble with that is - have you got a pocket on that?

A Yes.

Q Could I just pop this in your pocket?

A Yes.

Q Because then that means it goes with you. That's it, there we are. Got it all organised.

A Okay. I hope I don't break it on you.

Q No, you won't break it. And that will be good because it's just sitting there and you won't get the wire caught up in your arm or anything hopefully, so that should work well I hope. Now, oh

A Sorry.

Q Now the first thing I've got for you today is a summary of what we talked about last time. So I don't know if you want – do you remember I wrote one for the first interview as well?

A I think I can remember that.

Q Yeah. And I wrote a little, I interviewed you the first time and then I wrote a little summary of what you told me in that interview and I showed that to you last time I talked to you.

A Yes.

Q And now I've got another one, and that's, this summary is about the last interview that we did.

A Yeah. I can't remember.

Q No.

A At the moment I can't but it will probably come back to me about 11 o'clock at night.

Q Yes. Oh well, not to worry anyway. But this is this one. I don't know if you want to read it or would you like me to read it out to you?

A Yes I think I would like that.

Q Yes. Okay. I'll just get my glasses organised. What I'd like you to do, I'll read it out to you and I'd like you to say if you agree with what I've put.

A Yes.

Q Whether I've got it right or not, you know.

A Yeah.

Q Okay. So now I've given you another name as well because with these interviews there is a confidentiality thing.

A Oh yes, yes.

Q So I've called you Enid.

A That's alright.

Q Is that alright? Just so that you can't be identified as you. So I've said – Enid clearly identified her most important role as being a wife. So that's you being a wife is the most important thing to you. Mother was next important. Then friend,

A Yeah.

Q Then grandmother and then last was sports enthusiast.

A You know what, you can almost, I can even see, I can read that without anybody – now I don't know just how to explain it, but it's just as though you were just both us speaking in the one

Q Both of us together?

A Together, and yet we had nothing, no, nothing at all about that.

Q Oh good. So it, that makes sense?

A Made sense, mm.

Q Excellent. Okay. Cause those were the roles that we talked about before. And that was the order that you, that it seemed to me from what you told me last time, that was the order that they were in in terms of what was important to you.

A Yes.

Q Yeah. Okay, good. Now the first interview we talked about the role of being a person with Parkinson's, and we talked about that being a role that you had. But then last time you said that you thought that it wasn't really part of you, it was more something that had happened to you.

A Yes.

Q And so you didn't think that it was role like the other ones were. Does that still make, does that make sense?

A No it doesn't actually. Actually at the moment it doesn't make sense.

Q Okay. So do you think that it is a role then, being someone with Parkinson's Disease?

A Well I really, we've been to the meetings and do that, and the people are beaut, but there's not enough time to keep going on and on with them. But if we get the time we, that's the first thing Rex says is, you know, we'll go up to see them at, oh where are they
Para, no.

Q Ah which group do you go to? You go to, is it, no, no.

A Oh in the

Q Glebe, is it Glebe you go to?

A Not Burwood, no.

Q It's a Glebe group and they meet in, um, oh no I've forgotten.

A Oh I'm not so bad after all then.

Q Oh you've got me. Oh yes, I'm terrible too. I can't remember things. No I've forgotten the suburb, but anyway yes.

A Oh it should come to us, just like that, shouldn't it?

Q It will, yeah.

A It will.

Q It will pop into our head. In the middle of doing something else. Balmain, that's what I was I was about to say. It just came to me.

A Oh yes, yes.

Q Is that the one you go to?

A Yeah.

Q Balmain, yeah. So it's the Glebe group but they meet in Balmain.

A Yes.

Q And so you're still going, do you still go there?

A Oh well we had. We don't seem to have, but not enough time in the day.

Q Right.

A But every time we sort of say oh we'll go up tomorrow or next week and then something happens, you know, we just don't seem to get the time to it. Just [?] in front of you, you know. But

Q So do you think that being a person with Parkinson's Disease is something that you are, or is it something that?

A Well, you've got to be a strong person. I often wonder whether I'm strong enough to do these things because I'm, I'm a soft person. I'm, I really haven't got a nasty bone in my body. Gee I'm a skite aren't I? But that's really how it is, you know. Like I like everything to be nice and easy and everybody talks to everybody and – which is, there's a lot of that in groups like that, but I haven't got to make up my mind now have I about

Q Oh no, no, this is just, I'm just trying to find out how you see yourself that's all.

A Oh.

Q So it's not something you have to make your mind up about, no.

A It's the only thing I was worried. See I just want to see how things are going and how much different I feel.

Q Yeah, okay. Now as a wife, you told me that you appreciate very much what Rex does for you.

A I do.

Q Yeah.

A He's marvellous.

Q But you said that, and also that you felt good about your relationship, the two of you.

A Oh yes, yes. We, we're happy, just the two of us.

Q And you enjoy the way that he looks after you.

A Very much.

Q And you think he's wonderful.

A Don't let him know though.

Q Those are all things you told me. But you also said that you get a bit cranky with him at times and

A Well I think that's something natural, but yes I do.

Q Everybody I think, all people do. And you felt that he didn't deserve it sometimes when you did get cranky.

A Well there are certain periods of times when he gets really, really gets upset and he'd blow his top and then the next thing he'll come over and he'll say I'm sorry, you know I don't mean it, it just comes out. He said I just want to burst. He said I can feel it coming on, you know, and he said I just walk away from everywhere and he said I yell at you and he said I know I do and I know I shouldn't – which he shouldn't either but he doesn't do everything he's told.

Q So I thought from what you told me that you mostly got cross with him when he was taking over too much.

A Yes, yes. He, that's why it's taRex us so long to come closer together sort of thing and, now how can I explain it, I can't think, sorry.

Q It's alright, don't worry. Don't worry, that's fine. And you feel as though you need to keep going for his sake, so you have to keep on

A Oh I look on him as a strong one in the family. He's pretty good, yeah.

Q And you also felt sad that you hadn't been able to do the things that you had planned to do in later life. You know, like

A Yeah, well it hasn't upset us. I mean you can't do anything about it.

Q No.

A But I think sometimes we even need to miss doing things that we looked forward to like we wanted to go over Australia and we wanted to do this and do that. Well there's no earthly chance of doing it now, so we just accept it as it comes. Because most of our friends are doing these little different things and Rex sort of, he just, he just has to put up with it like I do.

Q Mm. ... Now as a friend

A Yes.

Q You told me that you find it harder to keep in touch with your friends now because you find it hard to talk ...

A I don't drink, yeah, well I don't drink alcohol anyhow but that's, we used to love going out with the girls and, mid week, you know, play golf and that, but that doesn't worry me now. I, you know, can't play golf because I'm ... yes, we'll just talk about something else or something for a while.

Q So you can't play golf now because of the Parkinson's Disease?

A No. Opposition to ... I suppose you could if you ... but no I don't think I could because my back goes in funny places.

Q Yeah. And you say you find it hard to keep in touch by phone.

A Yes.

Q Because it's difficult to talk on the phone, is that right?

A Yes.

Q And also you're not comfortable in groups of people.

A Unless I know them.

Q Yeah.

A I have to, I have to know them.

Q Right. But I got the impression last time that you had trouble with, even with groups of friends.

A Well I did.

Q Yeah.

A And I used to get nervous. And I still probably think I would still, but I'm better for going through this experience.

Q Right, right. Okay. You also said that you felt that although you had terrific friends and they were very supportive friends, you really appreciated your friends, that things had changed a bit and they weren't quite on the same

A Level.

Q footing, same level, right.

A Yeah, they have changed.

Q Yeah.

A Not being nasty or anything, but they have their life to live and that will, you know, they I can't, I'm sorry.

Q It's alright. You're doing, you're doing fine. Then I had as a mother that you were very proud of your sons.

A Oh I am, I am.

Q And then as a grandmother you love your grandchildren very much.

A Oh very much, yeah, very much yeah.

Q And you love to see them all, see all the family.

A Yes. That's, we had the worst Christmas and, what comes after Christmas, New Year, no, is it New Year?

Q Mm hmm.

A And I, it was so, just so quiet you know, with Rex and myself because the others had all their children to go to and run round. But they, they got on without us. They enjoyed, they had fun. They told us about it afterwards.

Q Mm, so you didn't have Christmas with any?

A No.

Q Any of the family?

A No.

Q Oh. They were all busy? They were all doing ...?

A Oh look I know what it's like because having the 4 boys I mean I know how much time they took up and it makes you very tired thinking of it. But oh no, I'm resigned to it now.

Q Yeah. But you had a family get together – remember last time you told me about, for Rex's birthday, you had a good family get together then.

A Yes, that was the 31st of July, 31st of July, yeah. Yeah, that's right, everybody came out of the blue and well that was more or less what it was going to be this, the couple of weeks we've just had beforehand, but both Rex and myself have contracted a flu, not that new deadly one, nothing like that, but it just kept on going. And, but it looks right, it sounds right now.

Q Good.

A There is somebody walk past there.

Q Um I just caught sight, oh it's, ... Rex's painting the doorframe there.

A Oh.

Q It's Rex. It's alright, it's not anybody else.

A No.

Rex I'm actually not listening.

A Oh I bet!

Q I'll just go through, okay now

A See I can see things like come up behind me.

Q Yeah, out the side there.

A And I'll see if they're, if a dog went past down there I'd say – Oh gee that's a nice dog. Rex will look at me and say oh, you know. And I can see it but he can't.

Q Yes. And actually you did that last time when I was talking to you. You saw someone sitting in the chair there.

A Yes, well I do get, nothing wild or nasty or yelling out, but I sometimes, as I say, the dog running across the end of the bed. We haven't got a dog now. We've had them all our life but they're sort of, we just let them, just let them go because Rex won't give way to it. He said there's nothing there in this house that, you know, there's nothing there he said, it's just ...

Q It happens quite a lot with the medication that you're on.

A Yes.

Q It is quite a common side effect as I understand it.

A Yes. I'm supposed to go, well I am going up on Monday and Dr [C] will be up there and he spoke to me the last one, that I'd had a couple of bad ones of them and he said – Oh they're alright, they clear themselves up. So I just don't worry about them. I mean he didn't mean completely, everything's getting better, you know, finished. But we will wait and we'll just see. Patience is a virtue.

Q Yes. Okay. Now the next thing I had was just a bit about how you felt at the interview last time, that you got, you had pain in your arm and that you got tired, you can get tired very quickly.

A Yes I, I can. But I don't get tired so much now. And what was the other one you

Q The pain in your arm.

A Pain – yes I get, well I don't even get, I do get it mildly, but I don't get it in the, well I do get it in the shoulder still too but she'll be right.

Q And I said that, you told me that you got angry about the fact your fingers wouldn't do what you wanted.

A Oh yes, but I've got used to that now and I just, I just go along with the tide, you know. I've become a much more placid sort of a person.

Q Uh huh. I said also that you got frustrated with your inability to remember things. You have the most expressive face you know! [laughs].

A I'd love to show you some of the things that I must have said when we had that here last time, and now I just can't think what they were. But I, oh I put the bread, the tea bags, oh somewhere up high and oh I look, I wish I could think. They were, but it could be

dangerous. That's why Rex won't let me go out by myself, you know, in case I, you know, I stumble or ...

Q Yes. So it makes it hard for you to do things on your own.

A Yes. And of course if I ever defy Rex well I've got nobody to look after me then. I've just had a piece of rug for wiping the old ... I get ... a lot of people must get ... (she wiped her mouth)

Q Yeah they do.

A Dribble and drool. That does embarrass me.

Q Yeah. Yes.

The next thing you said was that ... I thought that you told me that you also got frustrated about your lack of fluency when you're talking to people, you know, that you get stuck and you ...

A I get, well you can see, I get stuck halfway round and ...

Q Yeah. And last time we talked about that and you said that, from what I understood you were telling me was that you had it in your head what you wanted to say but it just got lost on the way out

A Yes.

Q And you couldn't, you couldn't ...

A Couldn't finish it, yes.

Q Finish it.

A I get that a lot. Rex will tell you that. He sort of can't, he, when he gets cranky or when he did get so cranky, he used to lose his concentration and that and he used to get really

upset. Not cranky but upset that his, he just got upset and then I thought it was, what did I think it was. Oh I think I have to take my cardigan off. Is that alright?

Q Yes, okay. Let me just get my tape recorder out of there.

A Oh I was hoping to keep that! Oh now I know how you work!

Q [laughs] Well you've missed out. Can I give you a hand or are you right?

A I think you might have to.

Q Yes, sure.

A See this is another thing.

Q There we go. Can you get your arm out?

A It doesn't matter how much you pull or how hard, oh that's right. Thanks darling.

Q Oops, right.

A There we are.

Q Okay. It is warm out here isn't it? It's lovely. Okay, I'll just get it out from under. I'll just pop it over the back of the chair.

A Oh that will be, yeah.

Q In case you need it. Now, I'll put the tape recorder just ...

A Oh I'd forgotten about that.

Q I'll put it in, I've got it in the pocket again, so you've got another chance to get it, [laughs] and I'll just pop this on your shirt now. There we go.

A Oh right, yeah.

Q How's that? That alright?

A That's lovely thank you.

Q Good. Now, where are we? Yes, so I said that you were stoical about your difficulties. You're a very stoic person from the things that you've said to me. And that things have improved, which you just said to me again today, that some things have improved. And some of the examples you gave me last time about what had improved was that you don't worry so much any more.

A No, I don't.

Q Yeah.

A No. And I don't, I'm not like, you know, like the first one you read out then ...

Q About the memory or the ...?

A What was the other one?

Q The getting stuck with your conversation.

A Oh yes, yes. I'm even better you know with that.

Q Yeah. You don't let it upset you so much.

A No, no. I think it's only, it's only a game.

Q Yeah. That's good isn't it.

A But I don't feel I'm ready though. Beforehand I could have sat down in that chair there and just wiped everything away, but I don't feel so much like that now. I'm, I'm, how can I say it, I feel just so much better to start with. And I get tired, not as tired as I used to, but I do feel a lot better.

Q Mm, that's good. Better in yourself sort of thing?

A Yes, yes.

Q Better, is it better, yeah, what sort of better do you feel? Can you describe it? It's difficult isn't it?

A Are you hot darling?

Q No I'm fine actually.

A You're fine are you, oh.

Q In what ways do you feel better?

A I feel better. I know what I'm thinking myself and yet I can't, I want to think what you're thinking but I can't, you know, it's a ...

Q Yeah. It's a difficult question I'm asking, yeah. So do you, are you telling me that you just feel more comfortable about the way things are?

A Yes.

Q Yeah.

A Yes. We haven't, as I say, haven't been back to the Parkinson place. It's only that we just haven't had time. And we've been minding the boys in the school holidays and all that sort of thing. And I just feel that things are moving further, further ahead. For me it's, I just don't know. I just can't explain it.

Q Yes. But you feel like you're making progress.

A I do feel as though I'm making progress. And I shouldn't be should I?

Q No, it's good.

A No! I should?

Q Yeah of course, yes. But it's not, it's not progress in terms of your symptoms getting better - is that right?

A Yes. I know just what you're talking about.

Q Yeah. It's progress in terms of how you feel about things.

A Life in general.

Q Life in general?

A Yeah.

Q Good, that's great.

A Oh, glad I make somebody happy! Well I should be being looked after and I should be ...

Q So it seems from what you've said to me that you are feeling more able to accept what's, what your life is like now. Would that be ...?

A Yes I think I can. I worry for Rex. I do really worry for Rex. But he's coping. He said he's got everybody giving their problems and he's coping well with his funny leg, you know, that's just goes out of place on him.

Q Yes. Yes, that's something that he's got isn't it.

A He's got, yes. And at least we can get up and we can walk around. We used to be fairly active and that, of course that was more or less all taRex away because the Parkinson's Disease. And ... no I don't know. I'm not going to rack my brains.

Q No, no. So you used to be very active, but now you're not completely inactive. You're still going for walks.

A Yes, yes.

Q Is that what you were going to say?

A Yes. Rex won't let me go by myself in case, you know, I trip.

Q It's alright, it's just the tape recorder (it clicked).

A Oh.

Q It wasn't a hallucination, it did happen.

A I heard it a couple of times, you know, and I thought oh that's just your, just your mind going. But I did hear it a couple of times didn't I?

Q No, that's the first time it's gone.

A Oh.

Q Today, anyway. You've heard it on other occasions though.

A Yes.

Q But it might have been something else.

- A No, don't make excuses. You've got to tell somebody right straight out.
- Q Yes. The other thing which has improved that you told me last time was that you don't burst into tears as much as you used to. You used to get upset.
- A Well I don't, I don't, I accept it more and don't, really don't get into tears that much.
- Q Yeah, that's good.
- A So that's one good thing.
- Q Yeah.
- A Just if I get upset about things too much, you know, and I, I sort of you know, I don't get cranky, I don't sort of, oh I don't know, I just try and do the right thing all the time and
- Q I said that you loved going down through the park on your walk.
- A Oh yes, yes.
- Q And that you loved sleeping during the day, you loved sleeping.
- A Oh, I don't seem to do that now, as I say.
- Q No! Not as much.
- A Which is good.
- Q Yeah. Okay. And you said you felt very nice when you woke up after you'd had a sleep.
- A Oh I do. It does make a difference. But then I've gone back to the old stage of keeping a, wanting to be ahead all the time and to make the things quick and ... but no, on the whole I do feel a lot better.

Q Yeah, that's good. And you also told me that sometimes you think about the past and you quite enjoy doing that.

A Yes.

Q Thinking about what you used to do and ...

A Yeah, I do quite enjoy, enjoy that. You know, I can be laying in bed in the night time, you know, and, not that I lay in bed very much because Rex gets -sort of gets me moving. But I do so enjoy - I just was looking at a picture of ...

Q Sorry, I'm just doing this (changing the tape over).

A Yes. Rex talks about - or I talk about, you know, when we were young, one of the ... One of the, my little baby one had a child and they had a different texture on the skin and everything, a real old fashioned one, and it fascinated me, you know, I really enjoyed looking at something like that.

Q Mm. So the old photos are really nice to look at.

A Oh I love them, you know. But, well we didn't have, when I was young I didn't, we didn't have enough money to buy films or anything in those days.

Q Yes, so there aren't very many then, is that right?

A Yeah. Like they used to do them on squares didn't they, about oh half an inch high, and then, I don't know whether they hand painted or by the machinery sort of thing.

Q So you've got some of those, like shoots.

A Just one of them. I got one of them from my grandma.

Q Oh.

A Oh some of the, one of the girls might like it. They get, you know what they're like with their fads and fancies.

Q Yes. It's lovely to be able to pass those sort of things on.

A Yeah.

Q The other thing I had was that you appreciate peace and quiet.

A Ah yes.

Q Is that right?

A Yes. Not, not too loud all the time.

Q Not all the time.

A No, no. The boys get sometimes I have to say to them you know, don't make as much noise as that, cause it seems to grate on your nerves or something.

Q So do you think you're more sensitive to noise than you used to be? Is noise something which bothers you?

A Ah. That's something coming down off the loop.

Q Yes. A lot of cars coming and going too.

A Oh we get cars like that. See, there they go again. Oh it doesn't look as though we're going to get it any more. They do have a lot of cars down here. Even though it's a little street. But they're not noisy and they're nothing to, they do have the streets, you know, pretty frequent and that, but they do like – see that's taRex that away completely off my line of thinking and that now.

Q Yeah.

A But they'll come back again.

Q Yeah, yes. I asked you whether you felt you were more sensitive to noise these days than you used to be?

A Ah yes, yes. I don't really like noise that much.

Q And before, you know, like years ago, did noise bother you then?

A Well it did when the children, boys were growing up. We missed out in the, just as well, I missed out on a lot of their noise, you know, because they're teenagers and everything and they, they miss ... I'm sorry.

Q It's alright. I was just asking you about noise and you were saying that the boys tended to make a lot of noise and that bothered you when they were young.

A Oh yes. When they were growing up. But they're not at home now, they're sort of lived their own lives with their girlfriends and that. But I'd like to see them more often but they've got lots of things to do.

Q Yes, yes.

A And I'd say Rex was the same too. He'd like

Q He'd like to see more of them too.

A He'd like to have a weeRexd and whiz off to Queensland or out to, up, up and out.

Q Yeah, be doing things.

A Doing things, yes, that's the little word. Doing things, yeah.

Q Yeah. So anyway that's the summary from, so I'll leave that with you

A Yes and I

Q And you can keep that.

A When it's nice and quiet yeah.

Q And have a little look.

A Yeah. But I don't want to make any definite, what's the word I'm after, I just can't think what the word is I want – no I can't think of it.

Q No. You don't have to make any decisions about anything.

A Oh well this is, as long as I don't have to make the sudden decisions or anything like that.

Q No, no, no, that's just a summary of the last interview.

A Oh well that makes me feel easier.

Q What about therapy that you have for your Parkinson's? Do you see anybody regularly apart from your doctor?

A No, no.

Q You don't see a physiotherapist or an occupational therapist or anybody?

A No not really. I sort of go and you know I feel a bit down or anything and I take a tablet or take the tablets and it makes it make me feel better and then you're right and you think, you think, why did I want to go up there because they, you know, think you're a whinger and ...

Q Do they?

- A Well I feel that way. And I sort of look so well sometimes that you wouldn't think I had anything wrong with me, and yet the other days I'm yucky. But it's nothing you can't put up with though.
- Q Yeah. So you didn't like going to the Centre? You know, you were going to the
- A Well we enjoyed it but
- Q Not the support group. I'm talking about the Day Centre.
- A Oh we've only had one, that one day. That sort of has, oh now how can I, is it still going up there?
- Q Well that's what I was wondering, whether you were still going or not.
- A Yeah. No see but Rex had so many things to do, you know, round the house and that and I, as I said he wouldn't let me go by myself and, but we enjoyed it when we had our little Christmas luncheon up there, the one up at the Leagues Club and, oh they're a nice lot of girls, you know. They're very friendly and very helpful and ...
- Q Well that's good. Now I'm just going to ask you a few other things and then we'll .. do you think you can think back and think of anything that happened where you thought that this is really, the Parkinson's Disease is really, has really become a problem?
- A Well you make yourself do things but oh I think I'm getting used to it, you know, and unless, when I get these bad days, it can cause a lot of, I have bad days it can wake you up, it can wake me up in the middle of the night. And oh I nearly, the pains that I get, and then I take a couple of magic tablets and they're right then, I sleep for the rest of the night no trouble.
- Q That's good.
- A And that's one of the main things I think, is the pain.

Q And the tablets do help with that?

A Oh yes. Yeah.

Q That's good isn't it. It's good that they do.

A Oh it's wonderful. Yeah.

Q So do you feel if you keep taking your medication properly, you know, and take it when you're meant to, that that helps a lot?

A Oh yes.

Q Is that what you're saying?

[plane going over]

A Yes. Yes. It does things, it really makes you feel better and a nice even. I often think it could do a lot more things if it didn't limit - like on the side of the hill sort of thing. You've got to be so careful of your feet.

Q Yes, yes. If you didn't have Parkinson's Disease

A Yeah.

Q What do you think you'd be doing?

A I think I'd be minding grandchildren.

Q Do you?

A Yeah. Grandchildren, grandchildren. Oh no I mustn't whinge and that because they go off to High School some of them this year and they enjoy that. And they don't want their oldies as they get older.

Q Yeah, yeah. So is minding grandchildren what you would really like to do if you could, if you didn't have Parkinson's Disease? Would that be the thing that you'd really want to do?

A No I don't think so. I don't know what I'd want to do. No I couldn't say what I'd do in cases like that.

Q Yeah, okay. What can other people do that helps you, helps you? What are the things that you find help?

A When Rex rubs my feet, oh that's lovely. What else does he do? He does so many lovely things for me. Oh I wish I could think of some of the things that he does. No I can't think so, think, but he does some

Q He does lots of things.

A He does lots of things that aren't necessary to other people and he's, he just bowls in and does it.

Q Does it, yeah. So he's good. What about you? What do you think your strengths are at the moment?

A Strengths – I don't actually understand that.

Q No, okay. What is it that, what do you think that you do that helps you to keep going?

A Oh just, just parts of you that hurt and, oh dear, I really can't think. Been a big letter today.

Q Yes, yes it's been, and I'm asking difficult questions so

A Yes they, but then again I think I understand them more now and I understand, what is it, I just can't think of the words I want to say.

Q Can you tell me something that you did well recently?

A I always, I feel a dead loss you know, after I've had a day up here and seen people working and running around and doing things. But oh I don't think I can think of anybody

Q Nothing you've done well?

A I'm just starting to get my back.

Q Starting to get sore?

A Oh, did I knock that off then?

Q No it's fine. It's still there. It's just fine.

A Yeah.

Q It sounds like you, for instance you sleep well.

A Oh in the cover.

Q Doesn't have to be anything big.

A No, no.

Q It doesn't have to be

A No, I've got granny skin like that and a nice little lay, although I don't lay in the sun now.

Q Don't you?

A No. I used to do anything to get out in the sun and lay there, but I don't do it now.

Q Don't you?

A Because

Q It's dangerous isn't it these days?

A It is dangerous. Anyhow I can't stand the heat. It gets too hot.

Q Really.

A And this is somebody who used to be able to lay out there on the beach down at Palm Beach.

Q And bake.

A Yeah, and bake. And then I can remember beforehand my dad always used to take us when there was, oh what did, no it won't come.

Q No. Go swim?

A See? My mind's taRex off what we were thinking about and talking about. See, but it will come back again.

Q Yeah. That's okay. Now what would you say is your main aim in life at the moment?

A I don't think I think I've got any, any moment.

Q Any aim.

A Aim.

Q So your approach to life, you were saying earlier that you've got a much, you feel much better about things.

A Oh I do, I do. And I'm nowhere near as nervous or jumpy or...

Q Yeah, that's really great. And so your aim in life, you could say, is not particularly to have one but to just let things happen more.

A Yes.

Q Is that right do you think?

A Yes.

Q Don't worry about it so much?

A Don't worry about it, yes. That's it. Yes.

Q Okay. How are you going? Is your back getting sore is it?

A Yes. It's just, it will be right though.

Q Do you want to stand up for a bit?

A I'll just, I don't think Rex's got ...

[pause in tape]

Q Okay. Can you tell me something that you did well recently?

A [?] I don't think [?]

Q Nothing you've done well?

A I really think I'm just starting to get my back.

Q Starting to get sore?

A Yes. Is that [?]

Q No it's fine. It's still there. It's just fine. It sounds like you, for instance you sleep well. It doesn't have to be anything big. It doesn't have to be something

A [?] I don't lay in the sun.

Q Don't you, no.

A I used to do anything to get out in the sun and lay there, but I don't do it now.

Q Don't you? No. It's dangerous isn't it these days.

A It is dangerous, yes. Anyhow I can't stand the heat. It gets too hot.

Q Really!

A And this from somebody who used to be able to lay out there on the beach down at Palm Beach.

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Q Is that right? Don't worry about it so much?

A Don't worry about it, yes.

Q Okay. How are you going? Is your back getting sore?

A Yes.

Q Is it?

A It's just, it'll be right though.

Q Do you want to stand up for a bit?

A I don't think Rex's got anything made up. [calls] Rex?

Q Shall I get him? Do you want me to get him?

- A Is he coming now?
- Q I'm not sure that he heard you.
- A Oh don't worry about it.
- Q What's the, do you want to get up or do you want to move?
- A Oh I can get up and down and everything.
- Q Yeah, yeah.
- A But it's just getting the body in the right
- Q The right spot. Yeah.
- A Yes. But oh no, that's all right darl. [?]
- Q Well we're actually nearly finished so
- A Yes, so I think it would be better if we didn't.
- Q And we'll just finish. I don't think I've, actually, oh yeah, one more question. You and Rex, what sort of team do you think you make?
- A Oh I think we make a pretty good team.
- Q Pretty good team.
- A Pretty good. I never reckon there's any things that Rex couldn't do. [?] Anything like that he will [?] The only thing [?] (I think she was talking about not being good at looking after himself)
- Q Like taking medicine.

A There are a lot of them.

Q There are. Yes I have the same trouble with my husband.

A I think [?] Just tells you what, what he wants [?] Years ago I wouldn't have taken any notice of him but now I take notice of him.

Q Yeah.

A And it worked out well, because if I stand up to him, it doesn't work.

Q So you've changed

A So I do feel a lot better.

Q That's great. Well that's it.

A Oh is it?

Q Yes. We've finished. So thank you so much.

A Oh look I've [?] You don't need any more?

Q No that's the last interview with you.

A Was it?

Q Yeah. The only thing is that I'd like to come back, probably in a few weeks time and just show you the last summary when I've written up the summary of this interview.

A Oh yes, yes.

Q Because I've got to, just like I've written summaries for the other interviews I'd like to come back and just show you that one, just to see if you agree with it.

A Well all you've got to do is ring up if you ...

Q Yes okay. Well that's probably what I'll do. I've got to come back and talk to [Rex]. I've got another interview with Rex as well, so I'll be back for that and then what I might do is when I've analysed both those interviews, then I might come back with the summaries for both of you.

A Oh that would be nice, yes. That would be lovely.

Q So we'll do that.