

Ian and Deanne **Carer and family support**

Deanne

I'm just trying to keep myself as fit and healthy as I can and as strong as I can so that if and when the time comes, and I know there are people around me, that might be it as well – that I've got my family. They're such an important part and they keep your emotions in a good place.

Ian

And we've got friends.

Deanne

Yeah.

Ian

And family that always say, do you want anything? And we always say no, but they always offer and they're always there.

Deanne

So because as well, and I was saying this to Ian the other day, you don't want to be defined by MND. You want to be seen for yourself. And I think Ian still does. He's still Ian, you know, and, and there are sometimes he is defined by MND when he needs help, when he's at his most vulnerable, because if he doesn't get that help, he won't be able to do anything.

Ian

Yeah, but something happened yesterday and day before, and I thought, I've got MND I can't afford to bother about this. But then I thought, no, because what defines me is if something's right or wrong, then I need to sort it. And so I did get involved and I'm glad I did because it sort of opened my mind up to my personality, it's still the same.

Deanne

And, and that you did that because you cared so and so, yeah, you could have just said no, no, I'm not going to do that now. But you didn't, which is great.

Ian

I think in terms of red lines, I was definite about my red lines but didn't realise the full nature of having MND and that with adapting you can manage some of the things in the red lines.

I've still got very, very definite ideas about I want to be useful, but you just adapt and one of the sessions with the psychologist actually made me realise you can be useful, but also my family are useful to me. So it's a two way process.

Deanne

And I think as well that actually those red lines by talking to someone, a professional, talking to your family, talking to me, it's not it's that's, that's good practise to do that because then those red lines can be changed.

And as, as you know, things change –

Ian

The key to it is, things change. There isn't going to be a normal things happen from day-to-day. And you've just got to be prepared to try and rise to the challenge.