

Tracy and Iain Carer and family support

Iain

But I used to be the second carer at night, even with the second company we used because I was like, oh, I don't want to put on anybody. And you know, because I know the cost of this thing isn't cheap. And I was like, I'll be fine. I'll help at night just to save money. And then a couple of the girls that come say, why are you doing that? Why don't you just, you know, just have another carer? And I was like, do you know, you're right? Why? Why? Because I can do something else. I can do the washing, you know, I can do a bit of tidying up.

I get respite care for two days a week. Wednesdays and Thursdays, I think it is three hours. It's just how it's supposed to be for me to go out and do the shopping, go for a coffee, stuff like that. Which I do do, or go in the garden, do a bit of work or sometimes I, you know, go and do a little job somewhere just to get out the house, just to leave them talking girls and they just like talking to each other.

So it's, yeah, it is good, really good. But that's something else. I said, ah, I don't need that. I'd be fine. Don't need that. But you do need it. You need, yeah, you need time away just to get your head straight. Really.

It's helped me just even if I just go for a walk and just get me head into the right place, just because it's just full on. It's 24/7. Even when Tracy's parents come over, I mean, they're brill. They'll come over because they live away. So they only come over and do once a month for two weeks, which means, but I'm still here.

Yeah, I'm still, I've still got this 24/7. But at least when they come over, I can nip off and go away for a night, go stop at a friend's house or, you know, go away, do something completely different. You never get you, you don't ever get a break from it. And when visitors come and when they leave, and I've said this before, that, you know, they'll leave and they'll, anything you want, let me know.

And we've got, we've got select friends that we know you could ask for anything they'll do, they'll be there. And it's the same really with, you know, family as well. You know, soon as they're great when they're here. And I know they've got it emotionally, particularly, you know, Tracy's parents, like I said, they are brilliant with us. But it's, you know, they can just switch off a little bit from it, whereas we can't, you know, just every day.