

## **Ian and Deanne Eating and drinking**

**Ian**

Well, my relationship with food now and drinking is not a good one. It makes me anxious, but we still, Deanne and myself, still sit down at the table like we always have done. And I eat quite normally even though I've now had a PEG. I still take most things orally.

**Deanne**

But it's not normally as we knew it before. Because your food, I –

**Ian**

Modified.

**Deanne**

Yeah, we have to modify –

**Ian**

So we have a modified diet but that doesn't stop me going out with friends and family and I'm quite happy to be there with them and – while they're eating – have a supplement. Also, I used to enjoy an occasional drink, but I don't enjoy it as much now and, and I'm OK with everybody else drinking.

**Deanne**

But you do get your fluid through your food tube, don't you? So that, so we can keep hydration levels fairly high, which is important for energy, isn't it?

But yeah, when we go out, our friends just, they know and it's fine. And we all just have a nice meal together and it, it just works really well at the moment. And I think it's important that we carry on doing those things with family because it, for one, it's a distraction for us. For another, it's great to meet up with friends and family and it just keeps – it keeps us more positive because it gets us out as well.

It'd be so easy to just stay in and say well okay, let's have mashed potato and gravy and mushed up vegetables again. But if we go out it, it really helps it.

**Ian**

It takes more effort and it's easier not to do it than do it. But I always feel better when I have done it.

**Deanne**

It's a happy tired.