

Ian and Deanne **End of life decisions and planning ahead**

Ian

It was the visit to neurology that I wasn't expecting to be referred and it was a sinking feeling because professionals know the pathway. And so every time I go I'm asked how's your breathing? Have you got a chest infection, are you falling down? And as soon as they said that about the NIV, I saw myself walking further down the path.

We've discussed things with our daughters and tried to make suggestions about what we think. And I'm, I'm in the mind that I want to live a meaningful life. I don't just want to be kept alive. So I'm very aware that somewhere in my mind there'll be a point where I am being kept alive, and that's something that concerns me.

But doing the practical things leads you down that step, like the power of attorney and the decisions that you want made. I tried to approach it with humour and bad jokes and things like that.

Like I told my grandson that if he was going to do anything spectacular, time's running out and he needs to do it as soon as possible. We're confident that our daughters would help us make the right decision.

Deanne

And I think emotionally we're living through things already, you know, because I feel I want to give Ian strength. I feel sorry for him. I feel sad and I try to shut that away because that's not helpful at all. So we do laugh about things, don't we?

Because there's a lot I have to do that Ian would love to do for himself now, having a shower. And part of that process is thinking about right, okay, let's deal with it. Let's be resilient. Let's, you know, just try and get on with it. Let's live every day. But at the same time, we've got to plan ahead.