

Meena

End of life decisions and planning ahead

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I've been digging a lot since my father's been diagnosed to try and understand what's coming next.

I think it was just me sitting him down and explaining to my father that, you know, there's no need to be scared of this condition. It's a condition. There's a lot of people who have it.

He's realised, you know, there's just such a wide variety of different progressive stages that he doesn't need to necessarily stress over the worst at this stage. But they're also, it's actually very important to be equipped for when the worst happens.

My dad's not ever been that good at change anyway. He's not, you know, 60 something. So he's very kind of stuck in his ways and not keen to change, but he's slowly understanding that actually information and knowledge is better than lack of. And, and the perfect example was when he was diagnosed, to when we then had all the information about all the symptoms, all the aids. It kind of puts it into perspective for him.

And yes, I think he's grown quite a bit from his diagnostic journey.