

## **Colin and Georgina Equipment and adaptations**

### **Colin**

When I get into the house, the house has a step, but that's OK because there's a door there and I can put one foot on the step, pull myself in, and the back of the house is much higher relative to the garden. So we have three exercise steps of different height. Again I grab hold of the doors for balance and I use each step to get in.

In terms of the shower, we've had old shower taken out, Georgina's put down an anti-slip mat because I will go. And recently we've put handles that are suction, we need one on the glass, one on the wall. I don't put weight on them, they're merely for balance because you turn around. Turning around means falling down because you can't react quick enough.

Toilets are a nightmare. We have a disabled key. We use disabled toilets when we're out, which some aren't disabled by the way, they have a badge but they're not that.

In this house, in the downstairs toilet, there's the radiator in front of me and the sink on the side and I pull up from that. Upstairs there's the sink and a cabinet and I push up from there.

### **Georgina**

We've got seat extenders, so that's fine. And we've got another two that when we, if we go away, we put it in a case and take it with us.

### **Colin**

I'm lucky in as much as the house here has very shallow rise in the stairs. And we had put in – ironically before Kennedy's – we had the dado rail put in as you can see, and we had it put in up the stairs. So it's one hand there, one hand there, half the steps lead with your right, other half lead with your left.

Yes, I could put a stair lift in, but I am getting exercise getting up there and also the confidence that I can still do it.

And on terms of confidence, every birthday I have now I stand up and I see if I can put my underpants on while standing up. Try being disabled and putting pants on. Your foot sticks in it, never mind, I keep saying I say I should go commando, but I'm getting told off.

**Georgina**

Pants versus socks.

**Colin**

Pants. Oh socks. Do you know socks come with glue? Anything that knocks the confidence hits you overly much more than it should do because you're super sensitive to this decline in your ability.

**Georgina**

So the electric trike eFOLDi, it has been amazing. Instead of Colin, me walking miles ahead of Colin, he now goes further ahead than I do and I have to keep up with him. Yes, it has transformed how we live, really. You can go out and you can access things that we couldn't have done.

**Colin**

Georgina would go out and I'd stay home. Now I can go out with her and especially going abroad. It goes on the plane with us. We drive it up to the to the aircraft, get off Georgina folds it up, takes the battery out, puts it in a bag, then take it away. You get to the destination, the door opens, you get off if, if it's onto the tarmac, you get out, you go down and there's the eFOLDi.

We reassemble it and follow the guy. So it also says I'm disabled so you can get through all the queues. No one argues with you. If I was walking, I might not be able to walk the distance. I feel that I'm alive, that I can go through the woods.

**Georgina**

He's in control of it. Yeah, he's in control of it. So that's great. Yes. Absolutely wonderful.

**Colin**

It's independence. And what you can do is you can walk out and Georgina will push the trike along. And when I say that's it, I've had enough, I can get on. But there's always the reassurance, no matter how far we've gone. The trike is always there to get back on and get home.