

David

Emotional and psychological support

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The adaptations what I might need, stuff like this chair, the change in my car because I had to inform the DVLA immediately and DVLA got in touch with me and said we're going to work in background with the neurology team. The exact words were, we'll be invisible, but you'll hear from us in due course. And yeah I did, like and they said you can't drive your car – you've got to go from having a manual to an automatic with adaptations.

It goes on the steering wheel and it's got all the indicators, lights, a flash for light and an indicator canceller. And it's just one-handed. So with my good hand, my right arm, I can steer the car and indicate it. And this arm, my left arm, which is the worst arm just like – because I've not got no gear changing going off – it can just sit there. And obviously I'm not using my leg for the clutch.

And it yeah, it does make driving a lot easier, hell of a lot easier. But I am aware of, with this condition that's gonna, I'm not going to be able to do that. So at some point the car's gonna have to go.

I think when I first got in the car and I used it, I'd already test driven it. They did my driving assessment and I'd already tried it out and it was so easy. And driving an automatic, it were hard at first because I kept putting my hand, my left hand to go on a gear stick that weren't there when I were braking. I were naturally putting my left foot down as well.

And in time I've forgot about it. It's like, oh, it's easy now, this. It's great in traffic and I'm not, my left foot just sits there idle and my left arm same.

I did want to keep that independence like going to the park with the dog and yeah, just going to the shop or popping out. Yeah, it was something I wanted to keep doing. But I am accepting now that driving might become more difficult. So I'm aware of that.

The NOTS team [Neuro Outreach Team Sheffield] came to my flat, my old flat and they like, we had a chat, they had a look around the flat and in a nutshell, they said you can't live here.

You've got seven steps to get up to it, it's not adapted, your doors aren't wide enough, you won't be able to get in and out your bedroom, your kitchen's too narrow. And they pretty much said, the NOTS team said, we're going to work with Sheffield City Council – but you've got to do some of it yourself as well, i.e. bidding for new properties – but we're going to be working with them to help you get the right property and move.

And it happened very quickly. I were really impressed with how the NOTS team, I mean Sheffield City Council work with each other. I mean, if I'm being honest, the work I did, it was just bidding.

I had to update my account and informed council of the illness. But most of the work came from the NOTS team and the council, i.e. getting this place. And when the ball got rolling, it happened very, very quickly and the adaptations came from NOTS team.

What I'd need, I'd need a wet room which I didn't have in my old flat, a new chair to help me get in and out. And I think it was the car as well for the NOTS team, the adaptations for the car and the bed.

They asked me this, the NOTS team, and the OT and physio asked me are you finding getting in and out of bed? I roll out, I roll out on me back. Well, we can't have that. That's got to go and we've got to get you to bed. What's going to help you? So that happened very quickly as well. Yeah.

However, it were hard. It were hard moving, not the emotional side because I were glad to move out of that flat, but it was a physical side of it which I couldn't do. I had to get a team in to help me to do all the heavy lifting and yeah, it were hard. It were very difficult to do. But once I were in it were like right, get it set up and get it how I want it. The wet room's brilliant. That were a game changer. The wider doors, it all being ground level.

Yeah, it, yeah, it all fell into place when it happened. It were like, yeah, I get it now. I get why I had to move. NOTS team, council. They were brilliant in how they conducted themselves and how they approached it all. Yeah, really, really good.

The NOTS team have got me down for an appointment to have to get me measured up for a wheelchair because me legs are now kinda not brilliant. You go to Northern General Hospital. They'll see what chair suits you. And you basically do, like, go round an obstacle course. Yeah. And like in an electric wheelchair. So I'm all for that. I'm like, yeah, yeah, yeah, I'll go, I'll go and get that done.

Yeah. But that, that's still NOTS team as well. They got that going and moving forward with the care, what I'm going to be needing moving forward. Yeah, physio, occupational therapy as well. Yeah, like the stuff for the wet room, a shower, a shower chair that tilts, the toilet adaptation stuff for the kitchen as well. I think I bought some of that stuff, but I got pointed in the right direction by the NOTS team regarding what to buy, where to buy it from and the pricing as well. Yeah, cutlery like what you can bend it, like a spoon or a fork and a knife what is adapted for me. So yeah, bigger handle and easier to use.