

Sue **Equipment and adaptations**

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Eventually I had a grab rail at the front door and the back door and they are great. And also, I was always having trouble with my key and balance, they recommended my magic door. So I had that and that really is a godsend. Because, I really would recommend that to anyone. And also, living on your own. My friend, Judy and another friend, Susie they've all got a card that they can come in if they're worried or being nosey.

But I know they can get in, Well, all you do, what you have on the outside – like, a bit like on the hotel room, you have a box and then you have a plain white card like a banker's card. Lean it against the box and when it pings, open the door. I recommend those. My friends don't hear from me, like Fran she will come, can get in and check on me. It's real reassurance that people can get in if they need to. I mean, I'm not balancing on that step and trying to get a key. I couldn't do that. You know, getting your key in and turning it would be too much.

I say, if you're feeling resistant again like the feeding tube, do it ahead of the game. So, don't wait until you're desperate. I know I was resisting but I mean, if they're already there, you can use them when the point comes you need them.

It's so cool. If I need her, I press the button and then a lady comes on the phone. But my problem is I'm always doing things and thinking they're setting it off. I know once my friend came and gave me a hug and then it went off and silly things set it off. If it goes off, I'm keeping someone in the job. That's my bit for the economy. I usually have it here by me and it makes sense. I am learning. I got really nagged at the hospice. I don't wear it usually, but I thought well, as I'm being filmed I'll dangle it around my neck today.