

David **Living alone**

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Coming to terms with it, coming to terms with the illness and embracing it and just trying to like, think, right, Yeah, this is happening. But I still can do this. I still can take Bella out for a walk, enjoy her and enjoy little things what I enjoy. Like football and what, like watching football and being part of it.

Yeah, but yeah, embracing it, embracing the illness itself, what it's got to offer people I've met through MND meetings, what I attend and making friends people like, like one stands out. Neil, who goes to MND meetings really good, really a right character, but like full of knowledge and information.

And I just, I pick his brain all the time. Yeah. He gave me a bit of advice about a table for this, chair and the bed. And yeah, get in touch with the NOTS team [Neuro Outreach Team Sheffield]. They'll sort it out for you.

So yeah, I'm really mindful about like stuff like that. But yeah, that kind of sticks out. Yeah. It's just, I think it's me coming to terms with it, like mainly like me being very stubborn and wanting to look after myself and kind of realising I've got to take a step back and let somebody else do it.

But work with them, I think. Yeah. But other than that, the care's been, it's been good. Prepare yourself and surround yourself with people that care about you and listen to as much as what you can because every bit helps and just embrace as much as you can.

It is a journey, it is life shortening, but you do meet a lot of great people at the same time and people that have got your best interests at heart, so. And that's what I've learned about it, which has been really good.