

Sue **Living alone**

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I found out that back to when you're diagnosed, everything was related to your family and they were going on about that and you know, in your family situation. And that is why it made me think, I can't be the only person on my own and that's why I mentioned the MND Association.

I think with MND the worst thing is your, you lose your independence with MND because being able to talk to people on their phone, I'm at a big disadvantage. And also just going out and walking around town seeing people, I really hate my loss of independence.

Depending on other people all the time, they are excellent. I had to give up driving and you know, that was hard. People would say, "Oh you're still driving?" so I thought I'd rather make the decision than be told.

I'm OK on my own I've got loads of friends so I'm always been really busy throughout my life doing things. I'm okay with it, I'm used to it but I don't know, I don't know, I suppose it gives me real privacy in your worst moments. And that probably makes me selfish that I do it my way. And I mean, I'm not saying that's the best way, but I do what suits me.

I don't know. I don't know how people would cope with no friends. I've got a really good network of friends and I've always been lucky with my friends and they're all around me now so I'm fine.

I don't talk about it but in this town people know things about you before you do. I don't mind telling them now but if they know I don't mind. I think actually it's better people knowing, then if you fall or can't talk or it's better they know it's a reason why.

I think it's my job to make people learn about the illness and be relaxed. I sound like a do gooder, I have got a bad side.