

Ian and Deanne **Managing symptoms**

Ian

My major questions were, can I still go on holiday and can I still drive? And I didn't want to know too much about it and about the pathway that I was going on because I wanted to try and deal with it in my mind.

Deanne

It was very, very sort of positive and –

Ian

Very matter of fact.

Deanne

And the doctor said, yeah, just do it.

Ian

Yeah. We've got loads of people who go away. We've got loads of people with MND who drive. So you know, it reassured me that I wasn't going to wake up the next day and my life had changed total. And while ever I am able not to live in then I'll try and find another solution first.

Deanne

It's a little bit like talking to the physio last week about was it this week? It was this week about, you know, the exercises we can do, which might –

Ian

Help.

Deanne

Because Ian's legs, touch wood, are working fine at the moment. So it's like doing well, squats and lunges, but also doing functional using your body to do a functional exercise, right.

Ian

I want to do everything that's possible, but I don't want to damage myself. And also I am capable of doing the physical exercises with my legs, but that doesn't necessarily mean I've got the energy to do it. But we've always tried to keep active in sports and running and walking. We've walked every day.

And the question that you asked about how does it affect me with MND? I think probably in some ways it's affected me more than the average person because we did so much and because my head drops now going out to walk and being in the environment is not a pleasant thing without effort.

So it's finding ways of being in the environment without having to go through a lot of the walking. And that's something that was first brought out with the psychologist because we discussed priorities.

And my priority isn't so much walking, it's been out in the environment. So it's making compromises. But the confusing thing is sometimes one day I'll go to write and I can't write. And part of my brain thinks that here we go, another thing that you can't do. But then the next day I can write and it happens with various things.

One day I can't do something no matter how I try, and then the next day I can. So it does give you some hope.