

## **Sue** **Managing symptoms**

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Occasionally I do get them in my hands [cramps]. My physio told me if I go and do that exercise it will help. Only occasionally I get them.

Generally, when I'm tired and in the morning in bed, when I stretch like that, my legs will hurt, but not too much. And I try to focus on something else, lying in the sun on the beach, something completely different and it works. I often sit here and do it. They are helping. I'm just showing off and proving I can do it.

Keep going and try your best. And she gives me lots of support in general stuff. And she knows I was always very active and she knows I like doing exercise. So I see the benefit of it.

I'm just carrying on. I've sheets of exercise to refer to.

It was made for me [my wheelchair]. I've had it there, but at present I can't use it, but when I move, I can use it.

So I feel a bit guilty having it back and not using it, but I often want them to take it back until I need it, but they said keep it. I'm doing what they tell me.

I don't want to move again. I'm happy here. I've got good neighbours, but I need, I know what I need. I need to move and I was being selfish in not moving because people were worrying about me.

So one day my friend Judy arrived and she had arranged for me to see a bungalow not far from here, and it's similar. The same design to where I lived when I was five, I'm OK with that.