

David **Social care**

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I think the social side is through Sheffield City Council and the NOTS team [Neuro Outreach Team Sheffield] as well. They said look, we think you're going to benefit from having carers coming in because they could see how dressing myself were taking longer. It was exerting a lot of energy and they said look, if we get a care team to come in an hour in the morning, help you get out of bed, help you get a shower, get dry, get ready and get your breakfast done, that'll set you up for rest that day.

And it did. It worked and it happened pretty quick. As soon as NOTS team got in touch with council, council got involved with adult social services. We did an assessment and within a week they got me a care team to get up and running and it were pretty much done. I think it took about two weeks, which were very quick. Well, I thought it were anyway.

So yeah, yeah. Brilliant. Just knowing that they're going to come help me get dry because I can't dry myself. I can still shower myself, but it's the drying what's – or the weight of the towel and the weight of the clothes. Like pulling my trousers up, putting a jacket on, putting a shirt on. I can't put my socks on. They do that for me. Well, they help me, but they will do it. I don't.

It's like being a child again. It's like lift your arms up, do this, get your arms in your jacket and once it's done, it's done. And then they'll ask me if I need any washing, putting in and stuff like that.

And if washing needs to come out of the washing machine, they're prepared to hang it on a line or a clothes horse and help me with that. It just conserves energy. It's all about for me, not overworking and overdoing it and draining myself. I had the meeting with NOTS team and they said, how are you coping with that? And I were honest. I said it's – if I need to do it, I'm done.

I'm just like I've got no energy. And that were trigger point to say we need to get people in. We need to get a care team in and get helping you. So I were like yeah, I were all for it. Mixed emotions. Yeah, at first I were like, because I'm quite stubborn, because I've worked all my life up until this point and I were very independent, and at first I were a bit like, no, I want to do it.

But then when I thought about it, I were like, yeah, I need it. I need that assistance. I do need that help. So I had to kinda swallow me male pride and kinda accept it and say it needs to be done. Yeah, I've got to like back down and say let them in, let them in, let them help, let them do what they're going to do.

And I think within the first two visits with the care team I noticed it were like I had more energy to do what I wanted to do, to take Bella out for a walk. Because it would get into a point where I would use that much energy to get ready and have me breakfast. I didn't have nothing left in the tank to take her out, so I noticed that immediately.