

## **Geeta and Sheena Managing symptoms**

**Sheena**

Mum has lots of cat naps during the daytime. Yeah, we don't wake her up early anymore. Mum was never a morning bird. She likes to lie in. So now she's got an excuse to lie in. So we let her sleep.

**Geeta**

Like before—I used to go to sleep in the afternoon. Now I don't because I wake up late.

**Sheena**

So we've adjusted mum's care call times previously, when she had early morning care calls. She would go to sleep in the afternoon for quite a few hours, but then she was getting upset because she was missing a lot of her day.

So we've adjusted the care calls to come later so she feels like she's awake for most of the day, and she was feeling sad that when she's sleeping during the day and her children come and visit, her grandchildren, she's missing them because she's asleep at that time and nobody wants to disturb her.

So again, it's just the balance, finding the balance that works best for mum and around sort of the family social activities as well, which I feel like we've finally refined.

And mum's happy because you get to lie in. Yeah. So that's half the problem. Mum goes to bed early, but then spends two or three hours scrolling TikTok.

**Geeta**

Because I want to lie down. Because my back and my hips are hurting.

**Sheena**

Yeah, so she likes to go and lie down—

**Geeta**

So it's better, to lie down.

**Sheena**

She does well. She sits in her wheelchair quite a lot and then in her armchair. But after some time her body gets fatigued, so she just wants to lie down. Yeah, that's her wind down time. We're not allowed to disturb you during TikTok time.