I know what I like

lovely mug ugly mug

Being asked about your preferences

For quite some time now, If my wife asks me: "Do you want a drink?" I say: "Yeah". And she'll generally say:"Do you want tea or coffee? And I'll say:" Yeah".

I can't pick. It's just like. It's like torture. It's like .. And if you were to go on again, I'd be like: "Arrgh..!"

You know food? So my wife will say (and obviously she knows kind of what I like, and I don't like. There are certain things that we eat and we don't eat , but with what we do eat, then I just like it all. Don't get me wrong, I'm not particularly like sort of fussy. But I think that has stemmed from, is to do with this illness as well, because I just haven't got the mental capacity in that way to deal with it.

What I'm trying to say is, it's the same with food. My wife will say:"Oh, do you fancy this or this?" and I'll say: "Yeah".

So will doing this be stressful?

On the contrary, because it helps to keep me in place and remind me what I can and cannot deal with. Good to say what you said: "I don't want to put you under pressure", or whatever. But no, actually for me helping and understanding, even though they're problems, I'm not hiding behind it. I'm addressing it.

It can be extremely frustrating, you know, when you're out. Imagine when you're out at a cafe or a restaurant, and then you're with some family, or friends and you want to order?
I look, and I read it, and it's like, it's just, it's annoying, its troubling. It even makes me feel a bit emotional. It feels like something that's missing, that I would have kind of ... But now my wife might just have a look, and then I know.

But you know, if somebody says: "Oh, would you like to try that or that? " I'm just: "Listen: it's that. I just want that." Do know what I mean? I don't want to diversify.

I want to find ways to work round it.

G

Do you have a favourite mug?

Yes I have a mug. Letter G appropriate, you see. G for (my name). I was thinking about this. One of your questions... I've no kind of real big connection (with) ' Your favourite mug'. But a mug that my daughter got me, I had had it for quite a while, and I think I broke it at the beginning of this year or I think it might have been end of last year. It was similar to this one.

I did have a connection because I liked that mug: what it stood for. My daughter bought it. I think I broke the other mug and then my daughter got me that, and then she got my wife one. So it's G and T..

It's not that I struggle that much that I need that: 'total difference', but I do like the idea that that's my mug.

And that follows on with your daily life and routines and things, when you're out and about.

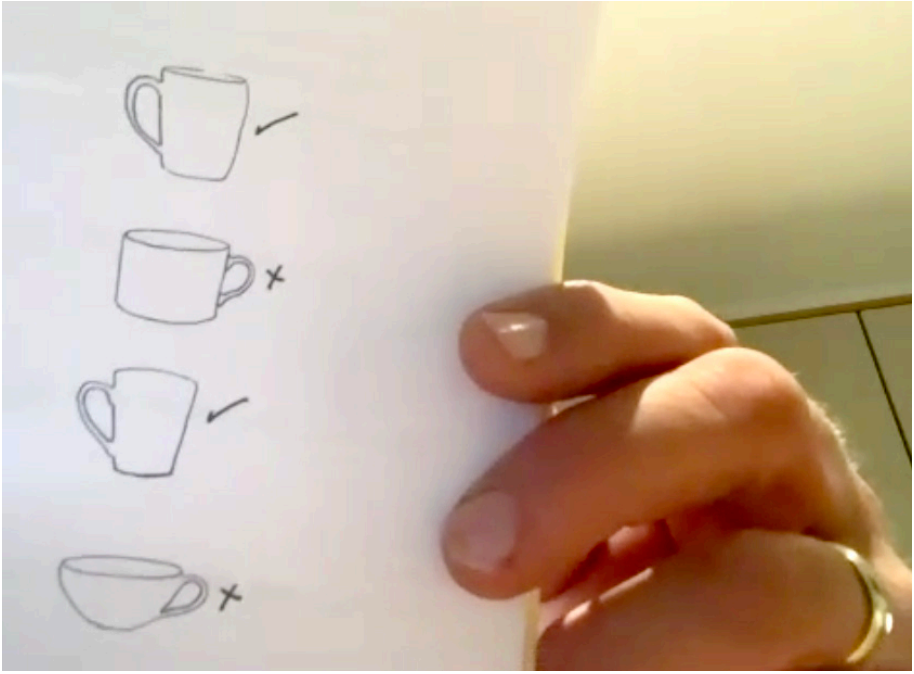
G

It was a mug, not quite as big as that one, but there was a relation to –"that's my mug". Plus, you know, (I definitely have had it for a while) I recognize, that you kind of try to put your finger on what's happening. What I'm trying to say is that it's better to have things that are yours, and you have a connection with, you know?

So if you go to the cupboard, I like to get my mug out.
Because that kind of sounds, sensible, organized, and it's
it's kind of keeping things normal in a way? It's a little bit of routine.

So my house keys, (I'm just looking over there to the side). I've put them on the side, because I know I'm going out this morning. I'm pretty sure I won't forget them, (although I have done), but I've put them on the side, and my wife's al-right with that, because it's like that reminder.

I have to do things like that, you know. If somebody moves something, then I wouldn't remember, and I wouldn't even know until it was too late.



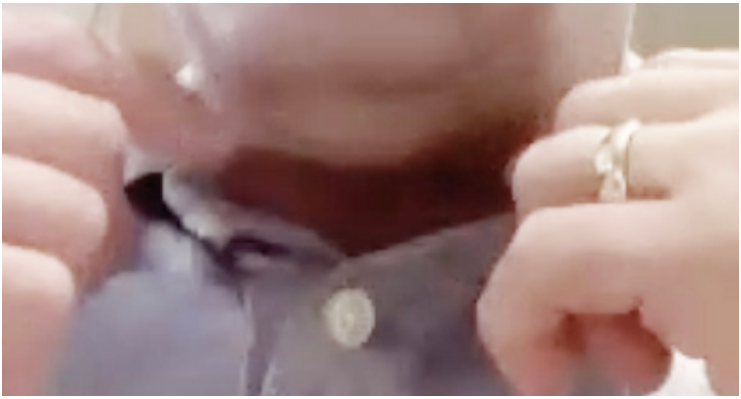
The bottom one. I don't like that type of cup shape. My wife has got a couple like that. I think they're nice ones, I think they're bone china or something like that.

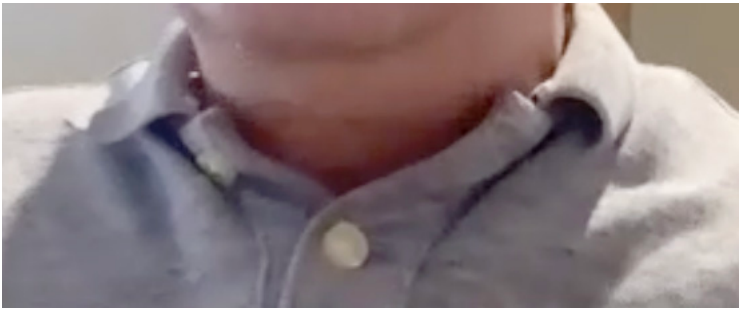
But - typically, I like that top one. It's almost like a Costa Coffee cup isn't it? The middle one I have actually put an 'X' on, and actually I didn't realise but that's more like my mug. It's a proper mug shape isn't it?

I think there must be something there like a connection with simplicity? - I look at that, and it's well, you know: that's for drinking coffee or tea? I'm not saying the other isn't, but that's just sort of straightforwards. It's easier in some way?

So processing things now, today, (not everything) but it's more difficult? So there must be a connection. That bottom shape is too much faff.

So that's a bit like the routine thing isn't it? Some things can be hard enough in life whether you've got a disability or not. So why make it even more problematic, more complicated?





You see that yellow?

Even though, (on the cover it says) 'I know what I like' - I've not remembered that. So I have had to read it. But I kind of relate the yellow book to you?

And yellow, just for the record, is quite pleasing. I don't know, I can't elaborate any more than that, but it's like well: I'm just happy with that, you know?

So what I'm trying to say is, that's how some things about what you are doing daily, some things, because of the colour or the shape or something, certainly, some things help you to get through without being able to remember what they are?

I haven't tried yet, or needed to, because the fact is that I haven't done that through life. So I'm gonna have to - introduce it. But I get where you're coming from.

Colour

(I don't) like a T-shirt without a collar on.

I personally particularly like collars. It's just a bit smarter. It's not that I necessarily care what somebody thinks about what I'm wearing, you know, to a certain degree.

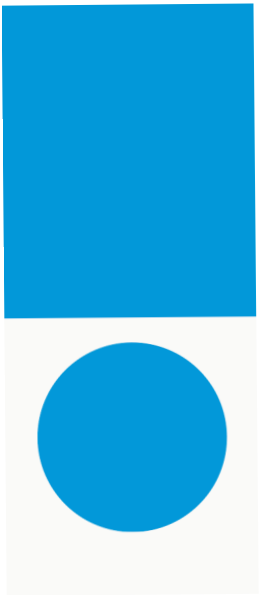
But I just yeah: that's it. I just like it for me

Likes

I look at that, and it's all right, you know. I think if that was on walls, I'd be all right with that.

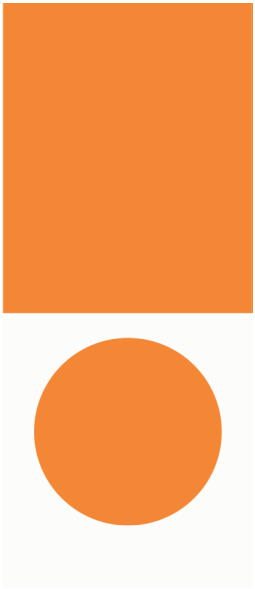
Because definitely, there's a difference from sitting in a place or a room, you know, with a colour that's a bit troubling, distressing, somehow. Do you know what I mean?

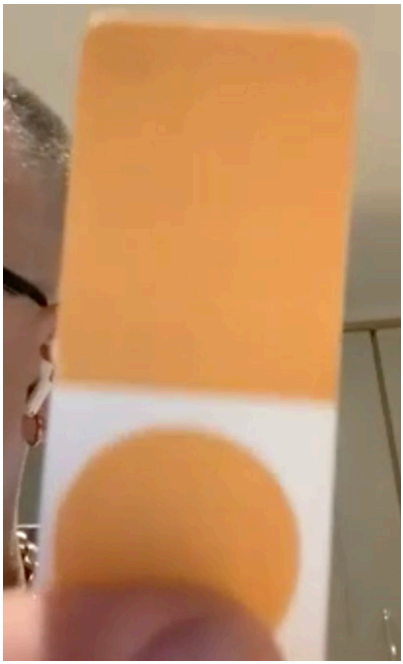
Actually, I've got this on - it is a bit pale isn't it? It is blue,
- it might not look like it through (the screen) but it is.



But not that dark (blue)

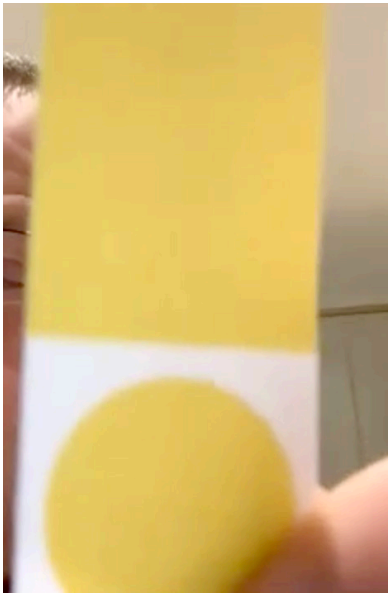
A bit too much, a bit too annoying perhaps?





What is that? Is that like a kind of an orange?

That's just like, I don't know it just seems easy? Alright?



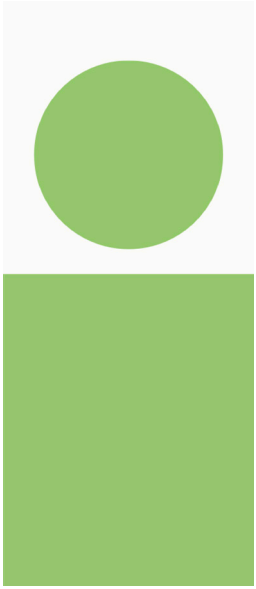
It just seems... alright.

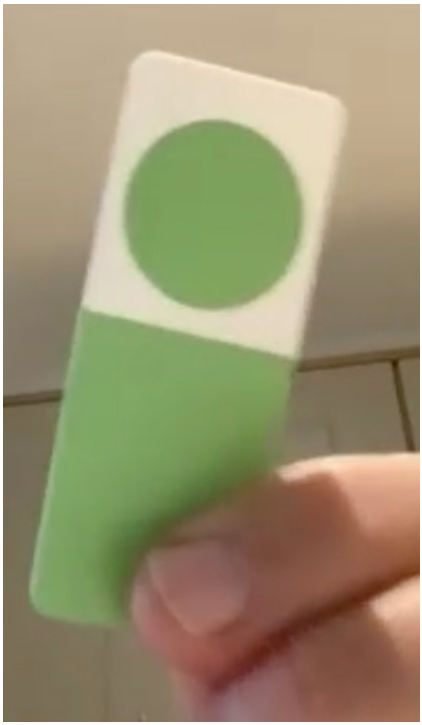
Same again, it's just not fierce. It doesn't jump out.

And funnily enough I would have told you before we started I would have picked more of those colours off there.

But I'm not wanting to, you know.

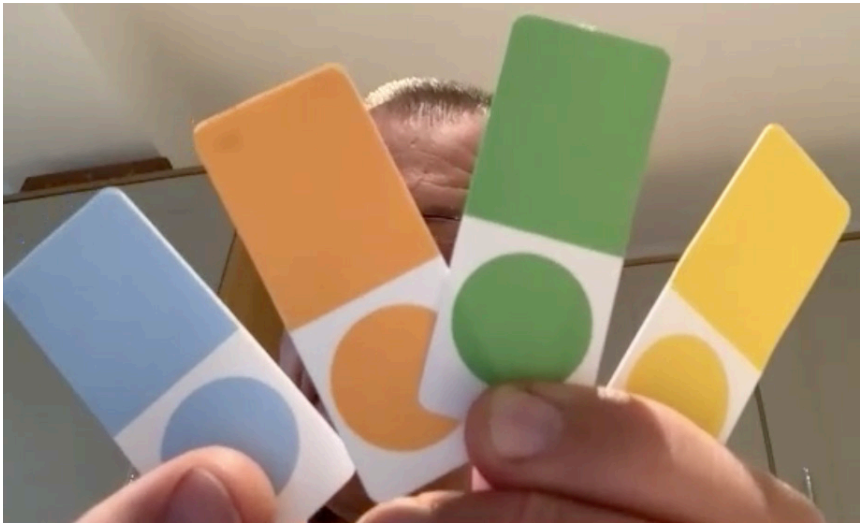
I don’t like them. No.

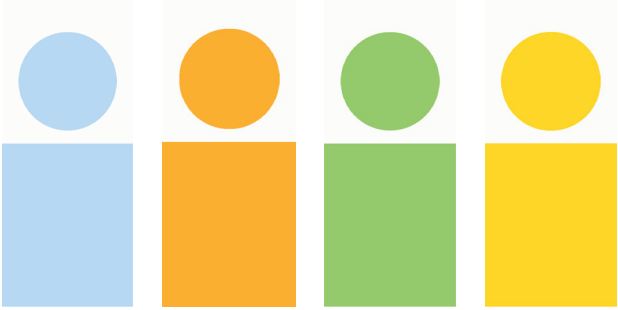




The funny thing is, you know that green? I don't mind that.

So I'm going to add that. I'm going to add that.





Likes

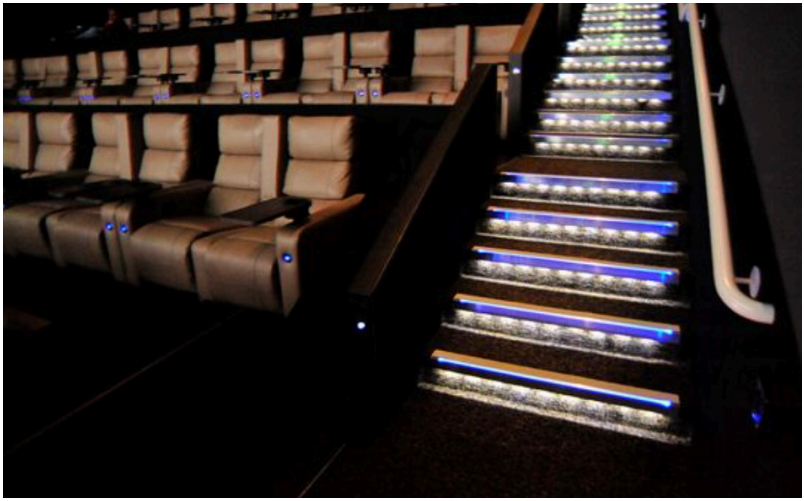
So I've got four now and just so you know there's what they are.

I don't know. I can see them easier? Does that make sense?

Too much

Sometimes definitely with colours, I have a problem. But I think it's like a mix of colours that you wouldn't normally have? So you know like artists' things? Something that is generated?

When it's like that, it's almost as if it's fight or flight? It's just " Huh? " do you know what I mean? It's just: "Let me get out of here" you know?



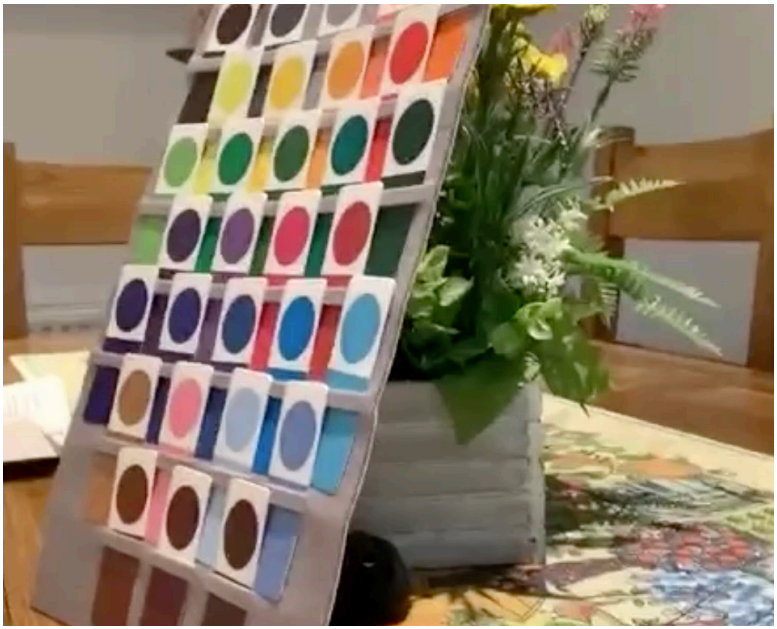
Cinema

And then - artificial colours, say from LED lights or something? In the cinema, you know the steps inside? Whilst it's not playing, it's not particularly dark, but it's not very natural light? They have those LED lights. My wife always holds my arm, you know, because it's like just I don't know, I just can't work it out. It's like I don't put my feet right for what's in front, and it's like it's almost kind of moving about?

Probably I think, that was one of my first, one of the few that I've remembered that was quite significant.

So I've tried to learn. Sometimes, you don't have to go in the bottom to go upstairs, and there sometimes is another way you get to top. It's generally a fire exit that you can go in if you ask.

Somebody said, well, why don't you just sit at the bottom? But it's too bright, it's too close. It's too much going on. So I generally like to sit near to the top, because the screen you're looking at is just like that bit narrower, and it's definitely not as intense.

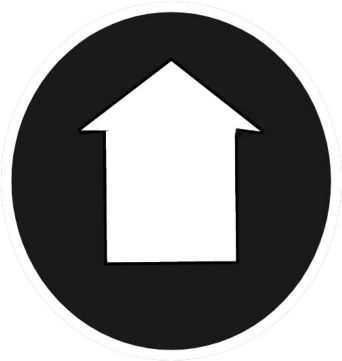


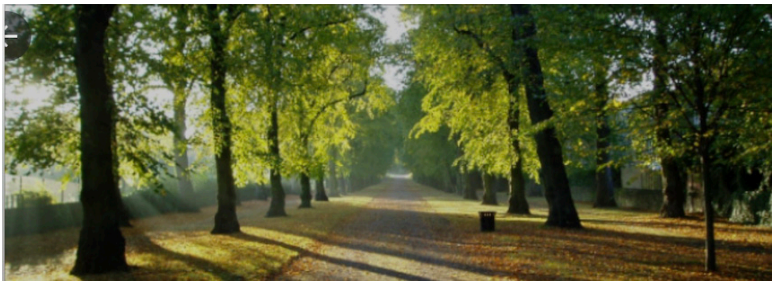
I've got that card (holder) stood up there, and it's like lots going off. It's - too much.

Somebody I know, one of the things he did when he was younger, he was a professional decorator. When you go in his house, it's nice, and there's quite a few colour variations. - I'm not saying that I generally dislike the colours, but - he's got a lot of colours going off. It's like too much going off, happening? It's almost like a distraction? It's just a bit difficult, you know.

I know I definitely didn't have a problem with anything like that before. I can't explain why, but I do know that I never found anything like that challenging, and even with lights or something like that, but I do now.

Personal Space





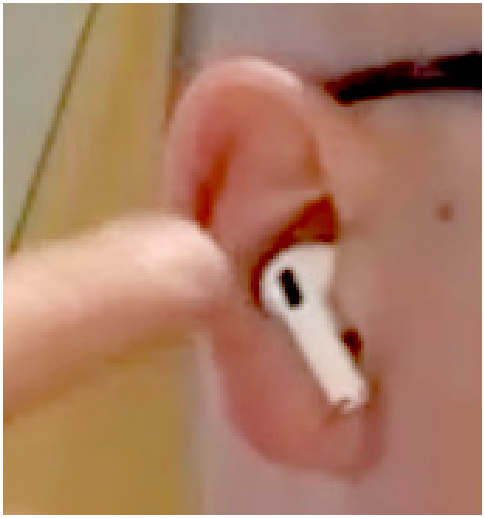
NSONS

Are there places that you particularly like?

The Park. Open spaces. I think there is something now with the familiar? Where I'm just pretty sure that wasn't something that I needed to worry or think about (before)? There's things that you can recognise straightaway that's (I don't know if happy is the right word) but you know, you just feel more comfortable? You recognize it, so you're comfortable. I think I deliberately do some things like that now and I don't pick other things, because then it makes it easier.

We were in Sheffield, yesterday on the Moor with my grandkids. We were like going steady, if you know what I mean? I'm all right with that, because we're going somewhere.

And then if they're going into the shops and things like that, I generally don't go. There are places to sit fortunately. But I'll generally sit so that I'm opposite to the main flow of traffic? And I'm alright. You just sort of settle down, and you know it's not forever. That's what I tell myself. So there's little things you can do to not to be distracted in that way, you know, that's not good? When you think: "Oh, I dont want to be here, I want to be somewhere quieter."



GLH

Instead of this being on speaker now, I've got these and the funny thing is it's like having (headphones). So it drowns out – not everything, but it helps you stay... My daughter got them for me and they're brilliant. This is the case. She had my initials put on.

I can put these in sometimes, you know, if I was on my own or I'm waiting for somebody or something like that. Or on the Tram, then I have usually got these in. If I'm with somebody, then it's alright, but if I'm not with somebody, then I will have these in always.

Usually it's music. The Audible book is good. I'm glad because, initially I can remember that perhaps - I might have been a bit too quick to think:"Oh, no." But it was definitely alright, So I've enjoyed listening. It's not really reading but I've enjoyed it. But that 'fast/slow' it was just too troublesome? That's frightening! I've tried it ! I thought, no! I definitely don't want to go faster I tell you that!

Finding things

I do know where they are in cupboards, but I might go in the wrong cupboard. I'm not gonna say I don't know where generally most things are, but the different is, quite often. I'll go to said cupboard where I believe it is, and it isn't. So I know that sounds daft, but I could probably tell you where something is, but when I go, I don't go to the right cupboard. But that's happening quite often.

Not just with cupboards, but it's like I say the wrong words for things. I type, and I haven't put what I wanted to put, and it's wrong. And I have to check it, and even when I check it, its like what I am thinking I want to put or write, but what I do is different? That's quite common as well.

Do you attribute that to the dementia more because you've got a diagnosis?

Good comment, but I'd say absolutely not in my case, because through my life until kind of whenever (2011 or a little bit previous,) I had an impeccable memory.

Moving things around

My wife, you know she's like most ladies, she's house proud I've not asked her this question, but I think I might know the answer. But now and again, say in a room, or rooms, she might (after cleaning a room), move things round for a change.

It happened not so long back, and I walked in the room to go upstairs. All I knew: it was different. I couldn't tell you what, but it was different.

I said: "Whats happened here?" (I was) almost frustrated? And she said: "Oh I've moved them, and moved them". And as soon as she told me, the funny thing was that was almost enough. That was it: satisfying. I just knew, I wanted to know.

So I think now, she doesn't (I've not asked her) but having thought about it, I don't think she really moves things about or changes things about much now.

Favourite space

Peaceful, easy, accessible.

Peaceful. So I suppose everybody has a kind of a peaceful area in their home to a degree.

Say if my wife is watching something or there's other people here and family or something, and I don't need to be, or have to be with them, this is the peaceful place.

Easy. I don't know why I put 'easy' now, but I think because it's just an easy room, I'm used to it. Nice big room, space and area.

More accessible? It's open. I can get down the side of table, I can get down here. There's plenty of room. So although I've put 'obstacles' what I meant to say, what I really meant was this: there are no 'bad obstacles'.

Whether I'm watching telly, watching something or I want to...you know...it's just easy?

I generally sit on the first chair at the beginning of the table. I think because if I start, I dont know, I just instantly kind of look to the window, and obviously its windy out. So I'm seeing the bushes moving about ...it just seems a bit of a distraction.

That's definitely like a change. I cannot do two things, or if somebody's (two people), they're both giving their input at once you know. I get totally mixed up or get the wrong end of stick.

When I'm on Zoom - I'm on the left side. Cupboards behind, and that's not moving, is it? That's probably a good thing.

I've got my glasses cases out which sort of lives there, and there's a pen in it, and then other than that other things are in their place. I've got like a cupboard where I keep my things.

Say if somebody were in the kitchen now, I think that it's the noises. . .

It's just like, really, I don't think irritating is the right word, because it's not good enough. It's not bad enough. It's just, like somebody's (this is not right either) but like with a cymbal in here when you're trying to concentrate?

But I was a person that could concentrate while - I'm gonna say while a plane crash were happening? But I could just do two things at once, and it's just so different, opposite now.

If I'm doing paperwork. If they're put out, you know, in order and things, then that makes it easier to get on with.

Are there particular times of day you spend here?

Mornings, definitely. And most of the time when I know we are not going out.

It's not that I sit in the kitchen all the time. Majority of time, yes, but then, if nothing else is happening, then I'll go and sit in the room. So if I'm on my own, and I'm not wanting to do things or say like this, you know, a Zoom or something and then I might go, to the room, you know settee, sit down and generally same thing really.

I think really ninety percent, or eighty percent I watch Youtube. And you can save what you like. Youtube things are generally not long are they? A lot of times they are only twenty minutes, fifteen minutes, ten minutes.

Alexa

If I just want to talk about weather or I want to... It's very good at recognising spelling. Say, if I want to spell something, you know, because I struggle. It is very good. I've noticed with admin, because certainly your vocabulary is lost. Not lost, but reduced.

So a lot of times the word recognition - Yeah, so even when- it's not near enough for it to recognise. So then I'll just talk to device.

You know what you want to ask for to a good degree, but you can't explain it. And that's the frustration. But funny thing is this: I don't feel worried, I don't feel pity, because I don't like that. But it is not nice. It is frustrating. But I've had the memory impairment for quite a long time. So I've kind of got used to it.

The way I see it

There's this big emphasis over the word dementia, and saying could we use another word, or whatever. And I get that? In a way, you're labelled or named with this.

But I've had to think about that. For me, you see, having the diagnosis, you know, overall, eventually, quickly, within 2 days. I was asked, in some way do I feel relieved? And yeah I do, because I was having you know, major problems. So I really wondered what was going off? To me, and me as 'me'? You know me as a person you'd say, but you know: me.

And then wondering if it was just a type of madness in some way? I want to say madness. I don't want to use another word. But it helped me to then have a reason, and then say to someone: "Look, you'll have to excuse me, this is the illness".

So for me personally, overall, really, I'm quite happy being diagnosed. (It's about) being grounded. Using what we've been given from birth: common sense and your experiences.

You don't need to be a doctor, or even a professor to tell you that. I mean that with greatest respect.I think what needs to be said in these studies. It's just that sometimes I see in speeches, in books and things in descriptions, they're too complex. So they overlook the little details that can have a big significance. Do you see?

Like everybody knows the awful word of cancer. Cancer as the umbrella but it's quite, we're all used to it now?

So what I've made clear is that, look, people don't like the word dementia, and whatever. But once the word is out there and recognised, once they get that this disability means that said person has still got a life that's ongoing, and they have got rights and decisions then. ...

So all of a sudden, the dementia word will just become like another cancer word. Do you see?

We've got a voice

It's not just a voice it's our choice. That decision shouldn't be taken from us. When it's questionable whether you can or can't because of the said illness.

So it's like when somebody's further on you know, in a home, or whatever. What you need to do - like an A4 laminated: This is what 'X' likes. This is what music he likes. This is what I want to do. This is what I don't want to do. There are choices, and they should be upheld.

Sometimes you struggle with reading and that. But then some visuals and photos, I can't describe it, but it certainly is a help and assistance. Sometimes you can't say that is the magic, that that is the hundred percent. But It goes a long way to assistance.

I think that (it) would be really good, because it's almost as if there were a program, an app, you know. Yeah. So then it's like learning for later on? It's like its a backwards way round to the way you evolve isn't it?

I found a little while ago. So you know your phone number, your details your contacts? You can have somebody's face. So as long as I've got a picture of somebody, I put it in, and then when I'm searching, or if they call, it comes up.