

Tommy and Andrew - storyteller ep transcript

Kola: [00:00:00] Welcome to My Life with Dementia, a podcast from Dementia UK. I'm Kola Bokinni. After losing my dad to vascular dementia, I wanted to share stories of other families who are facing dementia and finding a way through it. So in this series, you'll hear how people are adjusting to life with dementia or the loss of a loved one.

And how Dementia UK Specialist Admiral Nurses, can be there for you in the toughest moments. If this is your first time listening, welcome, you can find a link to Dementia UK's helpline in the show description and a wealth of information in every episode. If you're joining us again, welcome back. Coming up in this episode,

Andrew: men especially, we like to talk about football and we like to talk about what's on the, on the telly and all that sort of good stuff.

Yeah. But when it comes to showing our emotions and our weaknesses. I think we struggle, don't we? I think we, we find that a challenge. Well, I, I personally find that a challenge to [00:01:00] talk about my emotions.

Kola: This is a conversation between Tommy and Andrew. Both of them have lived in and around Liverpool for most of their lives, and they met through Dementia UK. Tommy was diagnosed with young onset Alzheimer's disease in 2011 when he was 58. He lives with his wife Joyce, who he met when they were both 16, and Andrew is a carer for his mum and who has vascular dementia and now lives in a care home.

Tommy and Andrew spent an afternoon in one of their local pubs where they talked about navigating the emotional ups and downs of living with dementia. In particular, how expectations around masculinity have affected their experiences. For example, Tommy often goes to dementia support groups. But he rarely gets the chance to speak openly about dementia outside of those spaces.[00:02:00]

Tommy: It's the first time I've ever spoke about this in a pub. I mean, no one's ever asked me about it before because men don't like talking about this. If you don't talk about something, how are people gonna learn about it?

Andrew: Absolutely. If it's not out there, people can't talk about it. We can't learn. We can't help to cure it.

Can we? My mum was with dementia as well, so I've been caring with my mum, with Joe, my wife as well for quite a number of years now, my sister and my dad as well, who passed away last year. So,

Tommy: so wh when your mum got your diagnosis, how did that, that affect you and how, how did that make you feel?

Andrew: Um, that's a really good question actually.

I've been thinking about that quite a lot recently. Tommy Mum's diagnosis was during COVID, um, so it was over the telephone, which wasn't, wasn't the greatest way of doing things. We got given the diagnosis and then it was like, well, if you go, then here's a pamphlet. Read the pamphlet, I'll go on the internet and that'll help you.

Yeah, and you, you just left. Yeah. We have a cancer diagnosis. Very clear pathway. Any other diagnosis? Very clear pathway. We were just as a family, just spinning around in circles, [00:03:00] not knowing who to go to. Yeah. How do we get, like COVID wasn't helping, but how do we get assistance? How do we get help? The real realisation for me was when I saw my dad in tears one day through the doorway, and that was the realisation that we were just, we were just spiraling all over the place.

We were free fought. When we got that, that phone call, and they phoned me, like I say, during COVID, I thought it was, oh, she's getting old and forgetful. I, I fell into that trap. Yeah, yeah. I'll be honest with you. And then I sort of sat on it for a couple of days and then tried to interact with my family about it and tried to say like, you know, what does this really mean?

And we all put much in the same situation with our interaction with dementia. Had been very, very limited, thankfully. Been very, very limited. So it was just about trying to find information and understand. What does this word mean? What does dementia mean to us? And we spent a long, I I personally spent a long time, the family spent a long time trying to understand what this meant and what this meant for Mum A meant for us as a family dynamics and so on.

So we just, we just threefold for ages, just spinning around. Without able to find the information we needed. We were [00:04:00] fortunate though, because we hit upon Admiral Nurses

Kola: Dementia UK's Admiral Nurses are specialist dementia Nurses. They offer free advice and support to people living with dementia and their families and carers.

Andrew: So one of the lifelines we got was an Admiral Nurse from Dementia UK and that it took us outta free fall. Yeah, it didn't put us on a straight road, but it put us on more of a pathway towards where we need to go to.

Tommy: Yeah.

Andrew: What about yourself?

Tommy: I didn't believe I had it, you know? Mm-hmm. But in denial, obviously, because you don't believe you got the image.

Yeah. Because you think, how come? I can still think,

Andrew: yeah.

Tommy: How, how come I, I can still talk. My daughter denied it a face. She wouldn't talk about it. My son never mentioned the word, he didn't mention the word, and it was Oh yeah. Like that. But never sat down and said, what's it like? You know? Yeah. How are you doing?

Or Let's put everything in place, you know? And, and no one spoke. Openly about it. You know, it was They didn't talking into the room about it. Yeah. But if I went in or that it was like a [00:05:00] change object.

Kola: After his diagnosis, Tommy noticed things changing in his GP appointments. The doctor wouldn't speak to him anymore, but always looked to Tommy's wife, Joyce instead, and he thinks it might be down to lack of training about dementia at medical schools.

Tommy: What really surprised me was I give a talk to some doctors once and they said, we don't know about all we do about it is a little piece of this training.

Andrew: Yeah.

Tommy: And they didn't know much just the module in the course know so, and I thought, well I just assumed they knew everything was so it it is specialist

and that's where those Admiral Nurses that have God said, you know, they're absolutely grace.

Andrew: But we found as well with Admiral Nurses, so this was the dynamic we were in. I started to accept it. I was still fighting against it, but I started to accept it.

Tommy: Yeah.

Andrew: And then my dad and my sister, they fought against it so they wouldn't use the word. Yeah, yeah. They wouldn't say the dementia word. The D word.

Yeah, yeah, yeah. Mum was just forgetful, or you know. Yeah. Yeah. She was getting old, but they [00:06:00] started to ask questions, so I started to see a change. I started seeing them. They went from complete denial.

Tommy: Yeah.

Andrew: Into denial, but. Yeah. Little bit of questions coming through. Yeah. But they wouldn't take my answers as been the, the, the fact.

Okay. Yeah. They would, they would listen to somebody in the street and take their answers being fact. Oh

Tommy: yeah. Yeah.

Andrew: So I got all the information from the Admiral Nurses and then we relay it through and said, oh, this has come from somebody. It's not for me. And it worked. So they wouldn't engage with the Admiral Nurse direct?

Tommy: Yeah.

Andrew: They wouldn't engage with me. But via this weird sort of smoke and mirrors effect, we managed to start to bring them round to actually. What dementia is and what this means. Yeah. For us as a family. So they were a lifeline, I must admit from, from my 'cause, from my perspective, I was trying to hold the family together.

Tommy: Yeah.

Andrew: And I felt I was failing 'cause I couldn't get the family to come together and accept the fact.

Kola: Mm-hmm.

Andrew: Where mum was with dementia and so on.

Kola: For both Tommy and Andrew dementia are brought up new emotions and neither of them was really used to sharing those kind of feelings with their family and friends.[00:07:00]

Andrew: I think men especially, it's one of those things that we. We like to talk about football and we like to talk about what's on the, on the telly and all that sort of good stuff. Yeah. But when it comes to showing our emotions and our weaknesses, yeah. I think we struggle, don't we? I think we, we find that a c
cha.

I, I personally find that a challenge to talk about my emotions.

Tommy: People don't realise the heartbreak of dementia. And when you are talking about it, it's really, really raw, isn't it?

Andrew: Yeah.

Tommy: But you've gotta talk about it because if you're bottling it up, it'll just. Weight you down? I mean, when, when I was diagnosed with dementia, I felt at the lowest points in, in my life.

Mm-hmm. And I thought, that's the end of the world. We feel as if you've gotta tough it up. And especially in front of your mate. You know, you couldn't say, I've had a terrible day. I, I, I, I feel as if I can't go on anymore. You know, because he's, oh, you know, it's your mum, you've gotta look after her. Yeah.

Andrew: Yeah.

Tommy: And you think it's just that something you can. Pull yourself up, you know? Oh, don't be,

Andrew: yeah. Pull yourself together.

Tommy: Yeah, yeah, yeah, yeah. Because if, if you could do that, [00:08:00] you, you do it every day, but you can't see them Absolute, no. It's, it's like when people talk about people with depression or pull yourself together.

Don't realise that, you know, people with dementia indicators get depression and anxiety more than than anyone because. You're a, a great strain all the day. You every day. I, I feel as if I've run a marathon because it's like being on a treadmill.

Andrew: Yeah.

Tommy: I've run and run and run all day and I've used all that energy, but I've stayed in the same spot.

So you've got to fights and fights and fights. And it's the same for the caring. People don't realise it, that they've gotta do the caring pass and then they've got a, a life and family as well outside. That's

Andrew: it. That's

Tommy: it. That's it. So it's more so. There's a lot of fear in image. You have felt it. As soon as you hear the, you felt fear.

You're fear for the the worst.

Andrew: I think as men, we are fearful of being fearful, in my opinion. So if we don't know about something, yeah, it frightens us. It's like, oh, hang on, what do we do? Yeah. So it's so that frightens us. We [00:09:00] ignore it. We step away from it and go, well, don't wanna worry about that. That let's, let's go and talk about something over there that's more important, or I'm not frightened about.

And I think dementia. From the things you've said as well, you know about how people treat people with dementia. Dementia creates that fear, and I think then as men are fearful of fear, we, we step away from it and we, we don't talk about it. It's not gonna hurt us.

Kola: Even though Tommy has a good group of male friends, they never bring up his dementia.

Tommy: They'll talk about football, uh, drink golf.

Andrew: Yeah. But not dementia.

Tommy: They'll never mention anyone. Do I even say how just dementia? That if, if they, if they said to me, oh, I, he said that you, that's just a, a general I'm okay.

Andrew: Yeah.

Tommy: This days when I at the rock bottom . Mm-hmm.

Andrew: And

Tommy: I just cannot pull myself up the floor.

I just don't wanna get outta bed. I just don't wanna, I feel as if the weight of the wheel's pushing on the shoulders and I think. Please let this day be over and I know we'll be all right tomorrow.

Andrew: Yeah, so I suppose if the, your mates at the golf [00:10:00] just one day, just ask how are you? And just listen then.

Tommy: Yeah.

Andrew: What I'm hearing is that might actually help you or will help you massively. 'cause there's, there's someone there who you can turn around and say, well. I'm really good today, lads, or, yeah, actually I'm not too good today. Yeah. To be, yeah.

Tommy: Yeah.

Andrew: Have that insight. Again, it goes back to men not wanting to talk about things, isn't it not wanting to do this?

Tommy: Oh, yeah. Yeah. Well, if, if, if one of the man had said it, they'd go, oh, oh, you'd be all right though.

Andrew: Yeah, yeah, yeah. There's a pill for that. Let's we about, it's,

Tommy: let's move on. Yeah. Lad, let's move on, because I, you say this is a grace opportunity to actually talk about it here, here in the public, you know?

Andrew: Yeah, yeah. Absolutely. Yeah,

Tommy: absolutely. This is, this is talking with someone who's got empathy with me rather than sympathy. Mm-hmm. Because. You know that it makes a big difference. Some people go, ah, you know, put

Andrew: your arm outta, you'll be okay. You'll be okay.

Tommy: Want someone to understand what what I'm saying, you know what I'm saying?

Not just, oh, it's horrible to know why it is horrible. Yeah,

Andrew: absolutely.

Tommy: I know it's horrible for you as a kid. I know why it's horrible for you as a kid because. I know I can sometimes say things to the wife, I regret [00:11:00] it. Mm-hmm. But she'll just walk out the room and come back now. Yeah. And it's gone.

Andrew: Yeah.

Yeah. Absolutely.

Tommy: But if, if she'd dwelled on it, it most probably escalating it. Beautiful.

Andrew: Yeah. We had that problem with my dad. So I say he passed away last year, but um, he always tried to fight dementia. Yeah. So when mum was, you know, whatever she was doing that was annoying him or upsetting him, upset him, especially, he wouldn't, instead of walking out the room and just letting things just calm down.

Yeah. He would fight it, he would try to make it better and it just did this and just escalated and escalated and escalated and he just could never understand that.

Tommy: Yeah.

Andrew: Walking away is the better thing to do. You always wanna try and, well, if I give you mum, I call her Ma. If I give you ma a tablet or if we give her this, or if we do that, that'll fix it, won't it?

And it's like, it's not gonna fix it, dad, I'm afraid. No, we need to.

Kola: Yeah.

Andrew: And that battle, you add that to his dying day. You can never understand the fact that if you have a cold, you take a pair of seat tomorrow, you feel a bit better.

Kola: Yeah.

Andrew: Give her a tablet and she'll be better.

Kola: Yeah.

Andrew: And me and my dad clashed over this because he was coming [00:12:00] at it from the, we can fix this.

Kola: Yeah.

Andrew: And I was coming at it from the. We can't fix it.

Kola: Yeah.

Andrew: And I, I, I was struggling to understand why he couldn't see my point of view. Yeah. And he was doing exactly same back to us. So we crashed, um, even to the day and day. We, we were crashing over things because of it. Dementia caused these things. I do feel though, that over time he started to understand, he started to come round, but he was of an older generation.

He was a pre-war baby, you know, so he was part of that older generation. He ne and he never, it never got through to him. And it did, it did cause a split between father and son, which I'm sure he wasn't proud of. I'm definitely not proud of. But hopefully from us talking like this, if someone can hear us in here now, today,

Tommy: yeah.

Andrew: You know, they're think actually I'll go and talk to my dad a bit different, or I'll go and talk to my son a bit different or my daughter a bit differently.

Tommy: If I ever tell anyone about dementia, I always say, you gotta think of it as a battery. I said, gonna a negative and a positive. If you have a thought, you need the negative and a positive end.

Put the battery in. For the tour slip showing brightly. If it's [00:13:00] all positive, it's not gonna work. It not

Andrew: gonna work.

Tommy: Absolute. It's all negative. It's not gonna work. So

Andrew: absolutely.

Tommy: You're gonna have negative days, you're gonna have positive days.

Andrew: Yep.

Tommy: And you've just got to know when the switch is off. Yep.

When it's a good date. Switch your tour jump.

Andrew: Yep. When

Tommy: it's a bad date there have rest.

Andrew: Absolutely.

Tommy: Do you have those feelings about being guilty about, are you doing enough for it or leading?

Andrew: Absolutely. So I felt guilty that I couldn't give my dad. The, the magic tablet that was gonna fix dementia. Yeah. I feel guilty that when I leave the care home that I'm leaving my mum behind and it's like with, I almost feel like I have to make an excuse sometimes to leave.

Like she'll fall asleep and so should we go then? And it's, I feel guilty about that, but there's, you can only be there for so many hours and you, you can only do so many things, if that makes sense. But I feel the guilt that comes with that. Absolutely. And then I feel the guilt that that puts on my family because I know at times I'm.

Not the same person because I'm so frustrated by dementia. Yeah, so guilt. It's it's [00:14:00] there all the time. Yeah. It's like a, it's almost like a shadow that you're, you're trying to run away from, but it has this tendency to catch up and sometimes it envelops you as well if you're not careful.

Tommy: It's something I feel every, every day.

It must, probably every minute of every day. It's the guilt of. Of what I've, I've taken away from my family and what I've taken away from my son, my daughter, my grandchild, me, my wife. I feel as if it's my fault and mm-hmm. And, and I know it's not my fault, you know, and I, I know I didn't go out to get it, but I still feel guilty about

Andrew: Yeah.

Tommy: Losing all the things I've lost for, and I wish I could make that rice,

Andrew: I think. From a dad's perspective as well, and I spoke quite about my dad. He wanted this cure. He wanted it to be fixed. And that moment of moving from the family home into the first care home.

Tommy: Yeah.

Andrew: Uh, the amount of guilt that he carried was, as far as he was concerned, [00:15:00] he'd broken the, the vow that he'd given.

Tommy: Yeah.

Andrew: Which was instinct in health.

Tommy: Yeah.

Andrew: And I then felt guilty because I was the person that arranged the ker home. Mm-hmm. So I had the guilt of putting the guilt on him, if that makes sense. Which was a kind of weird sort of triangle of guilt, if you like. So I think the, if we can talk about it though, maybe that helps with the guilt.

That helps with the grieving.

Kola: Since Andrew's mum was diagnosed in 2020, he's experienced a form of grief that's very common when a loved one has dementia. It's called Rolling

Grief or anticipatory Grief. It's the feeling of grief that comes before someone dies, grieving the changes in their personality or abilities and the awareness that with no cure for dementia, the journey will ultimately lead to their death.

Andrew: My dad, as I mentioned, he died last April. Um, and obviously I grieved from my dad 'cause he died, right? He was there and he died. And it was only during that process that I realised [00:16:00] that. I probably spent the previous 12 to 18 months grieving from my mum and I, I didn't realise it. Yeah. It wasn't, it, it didn't hit me in the face.

It wasn't like I didn't, she was still there. I could go and visit her. I can still visit her today, but she wasn't the same mum that prior to dementia and especially where she's now and on her journey. So it was only when we started to realise like the, the physical grief through my dad dying that, yeah, I, I've been grieving from my mum.

Um, for quite a long time, and I still do today, if I'm honest with you. Uh, still it's, she's still here and I hate, I hate to say it about her grieve. Yeah. 'cause she's still alive and can still go and see her. She's still around. Yeah. But I do grieve that, that that old mum, if you like the mum prior to dementia, does that, that resonate with you, Tommy or,

Tommy: yeah.

That I, I, I grieve for a lot of things. I grieve that mother have robbed me wife off. I feel as if I've robbed her, of her, her independence. Yeah. I, I grieve that. I'm not the husband that I should be.

Andrew: Mm-hmm.

Tommy: I want to be, I I agree for the [00:17:00] love that I don't show, agree for the person I was. Mm-hmm. I really miss, really miss the person I was, you know, it seems strange, but it, I feel as if I've been transported into a different dimension.

I'm, I'm not in my, my right dimension. I grieved, when they took away me driver license 'cause it. It was the start of losing your independence. Yeah, agreed That, that I had to lose my job, that I had to lose the house. We'd waited all our life for, and she says. I'm, I'm happy here now, but I know her heart's broke because of the, it was a dream.

Yeah. And I remember when, you know, 54 years ago when we got money, we, we used to promise ourselves, well one, just like one day we'll have a car and one day we'll have a washing machine and one day we'll have a jump. That for years and years. And, and then when we finally got it, you know, we were so happy [00:18:00] when this come along, I could feel a grief and I, I, I would grieve for the, the way.

She has to put on a brave face.

Kola: All these feelings are a normal part of anticipatory grief. And Andrew's dad was most likely experiencing this type of grief himself, even if he didn't know how to express it.

Andrew: There's no doubt. My dad died of a broken heart.

Kola: Yeah,

Andrew: they've been married for so long, you know, 64 years.

65 years. Yeah. And then he spent four years of that journey just, just grieving for her. Missing

Tommy: her. Yeah. I

Andrew: remember going round one time and he was a, my dad was like a pre-war baby. He'd been in the army, you know, he'd owned pubs. So he'd been in, you know, scrapes with people as you do.

Tommy: Yeah.

Andrew: Big, big man, big personality, and just broke down crying and said, you know, I can't, I, I can't do this anymore.

I can't cope. He couldn't handle the fact that he was grieving. He couldn't process it. He couldn't understand because my mum was still around. She was still, still, yeah. He just [00:19:00] couldn't handle it and he, there's no doubt he broke, he died of that broken heart 'cause he couldn't fix. You couldn't fix it.

Tommy: That that's, that's why I always say don't try and go through dementia on your own because it'll take you down. Straight away. Yeah.

Andrew: Straight away.

Tommy: And you know when, when you have to put someone in a home, you feel as if you let them down and you've broken the promise. My wife said, I'll never put you in a home, but as I said to, if it never comes that you can't cope, don't, because I don't want you to go down that way.

Yeah. You know, I said it's always the biggest fear to be put in a home, but I said, don't let it take you down because

Andrew: Absolutely. I think it's a fighting dementia is a team sport you can't do on

Tommy: your own. Yeah. The mother,

Andrew: yeah.

Tommy: No help and support. You've got them much. Absolutely. Much better.

What do you do most days? Like, you know, just to, to cope and,

Andrew: um, is a really good question. I think I spend a lot of the time thinking about mum before dementia. Yeah. So I spent a lot of time thinking about, um, just before her diagnosis, mum and dad renewed the wedding vows. So, [00:20:00] uh, I think it was 56 years they'd been married at the time when they renewed the vows.

Um, and I spent a lot of time thinking about that day because the mum that I saw on that day was the mum that I wanna remember, if that makes sense. Before dementia.

Kola: Yeah.

Andrew: But then I also know that I've now got my mum with dementia as well, so I try to balance the two. I try to balance, again, going back to the.

Andrew, not so much the Sunbelt, the carer on one side dealing with the escalations and the best interests, but they're also thinking about, uh, when it was Andrew and Mum and it was the, the, the joyful time, if you like as well. So I think that balancing act is, it's difficult. It's not easy. I'm not, I'm not saying

that, I'm not saying that as a, I want a medal for that, but it's, it's hard, it's hard to balance the two worlds.

And sometimes they collide. Sometimes they live in harmony, but sometimes they, they collide as well

Kola: living in a place with the musical legacy of Liverpool. It's probably no surprise that Tommy and Andrew are both our music to be another really important coping mechanism for life with dementia. [00:21:00]

Tommy: I find that music is one of the greatest therapies ab. Carpet music does.

Andrew: So, um, so my mum and dad, they used to own pubs.

So I grew up in pubs. Oh wow. Which is probably why we're now sat in the pub. Tommy. They'd have live bands on, they'd have the juke boxes and so on with the old records on and so on. Um, and my mum was Northern Soul Johnny Cash, so the, even the modern movement as well, she was into the modern movement and so on.

Small Faces and the who and so on. So I've grown up on the back of that. Um, so I've, I've seen my mum. Just embrace music. It's always helped her through She, she lived with breast cancer. She all the way through that, she, the music was the, almost like a medicine, if you like. Even today, now if she, she hears a piece of music, she recognizes, she want me to recognize that it was Johnny Cash, for example, or it was a small faces, but she recognizes the music.

Yeah. You'll see her body language. You'll see her calm down, especially as she's anxious. She'll calm right down and I think it's a. It, it's a real hel it. It's not a piece of medication. It's not, it's not some form of research or anything like that that's gonna help, but it's just [00:22:00] a way of just, just calming her down and it really soos her.

And you can see, you can just see it in her face that she's enjoying it and it brings, hopefully it's bringing back memories that you know of happier times for her back to when she had the pubs and so on.

Tommy: I find that people with dementia tend out more of a sense of humor.

Andrew: Mm-hmm.

Tommy: New was one of the greatest things.

'cause it releases the, uh, endorphins. Absolutely. It makes you feel good. So you've got the feel good fact. So you've got music that makes you feel good. Laughter, which makes you feel good. Yeah, absolutely. So why wouldn't you use it all the time?

Andrew: Absolutely.

Tommy: Have you found that with your mum?

Andrew: My mum, absolutely.

So, um, my mum was married very young, so she met my dad when she was 17. Yeah. Whirlwind romance. Yeah. She got told by. Her dad that the last six months and she'd been knocking on the door. Yeah. 60 odd years later. Um, they were still married, but she was, um, as a result of that, she fell into this like, sort of pattern of being traditional marriage, you know, sort of man and woman, man goes out to work, woman brings up the children, and so on.

So as a result, she was, she was a funny person. She had a good sense of humor. She would, she would say funny things and [00:23:00] she'll do funny things, but then it's almost like dementia flip this, like comedy switch on at one point in time and she'd just start telling these jokes that you're like, where's that come from?

Because. Two years ago, you wouldn't have told that joke, you know?

Tommy: No,

Andrew: but it just flipped this switch that she was coming out with funny things She'd say funny things, and that really helped us to balance, especially as a family. We was like, well, let's not focus much on the negative going back to the battery.

Let's focus on the, yeah. On the positive coming outta it. So if anything, yeah. Brought out this funny person that remains. So let's play a little game, Tommy. So we'll walk out. We'll cross over the road.

Tommy: Yeah,

Andrew: we'll come back in.

Tommy: Yeah.

Andrew: When we come back in.

Tommy: Yeah.

Andrew: Our younger selves will be sat in these two chairs.

What would be the piece of advice you'd give to your younger self? Stood there now. What sat there? What would you say to younger self yourself?

Tommy: I, I would say don't be afraid. It's not as bad as you think it's going to be. If you've got the strength to face it. [00:24:00] You can make it better go and help other people.

That's the best way to help yourself. You've got to go and help people.

Andrew: Yeah.

Tommy: Don't put fear into people's minds. Don't tell people it's gonna be a horrible thing or you know, it's the end of the world. I've had a good life. I'm enjoying my life. It's a different life.

Kola: Mm-hmm.

Tommy: Maybe not the life I want would've wanted.

But it your life. It's my life and that's it. It's my life. I've got control over it at the moment, you know, dementia's not controlling me and I, I'd I'd say tell your wife every day you'll love it.

Andrew: I think love's a really important thing to mention. Again, men don't talk about love doing 'cause it's like, Harry, don't talk that off.

No, I think if I was to piece of advice to my younger self would be. To tell my mum that I loved her. 'cause I don't, I still don't do it enough today. I'm honest with you. I don't do it enough. Yeah. I think my very similar to what you'd say to your younger [00:25:00] self would be Yeah. Love those around you and tell 'em that you love them.

Tommy: Yeah.

Andrew: But live your life. Absolutely. Yeah. 100%.

Kola: Thank you Tommy and Andrew for sharing such a candid conversation in a public setting. If you are in a similar situation to Tommy and Andrew. You may find our next episode especially useful. Dementia UK Admiral Nurses, Hilda and Vic dive deeper into some of the themes that came out in the episode, sharing advice from their perspectives as specialist dementia nurses. Hilda and Vic's episode will be out two days after this one. So look out for it in your podcast feed.

This has been an episode of My Life with Dementia. A podcast from Dementia UK. Please subscribe in your podcast app to get new episodes as soon as they come out. And if you've enjoyed this episode, why not [00:26:00] share it with someone you think might find it useful? You can take a look at the show notes for a link to our support services, which include online resources, ways to contact Dementia UK Helpline, and information about Admiral Nurse Clinics.

Thank you so much for listening.