

Getting to Know You

Live example – Phil’s good and bad day

Transcript

Kay: Let’s go to good days and bad days. Can you tell me first of all what is a good day? And how will your good day be?

Phil: A good day will start off with an especially important, is a good night’s sleep, which I don’t get very often, unfortunately. But a good night’s sleep and waking up fairly refreshed.

And um, if the weather’s good and it’s the weekend and hopefully it will be a day when I go and do some archery which is a big passion of mine. Um, if the weather’s kind with not much wind and a, the sun is shining it’s always a good day when the sun shines. Um, if I can spend time with family and friends, going out and about, enjoying places, that will be a good day. Any day where the morning routine goes smoothly which means we can get on with the day.

Conversely, a bad day would be a bad night’s sleep, waking up in pain which, which unfortunately happens with spinal cord injury and having a morning routine interrupted in some way.

Kay: How do you feel if the day that you’ve planned...something...

Phil: If a day, if we’ve got plans for the day and they’re messed up for whatever reason that can ruin it. And if I’m sort of, it’s the surprise things that happen when you have to change all your plans that can lead to a bad day. Or even if just if the weather is miserable, cold and miserable, that’s not a day that I particularly enjoy.

Kay: What about the, how would the built environment? How will that affect your day?

Phil: Well, of course, for me using a wheelchair the most important thing anywhere we go is access so if we are expected to go somewhere and as far as, we think it’s going to be good access and it turns out not to be that can rather ruin the day. But on the other hand if there’s somewhere we don’t know that we find has got good access that can actually enhance the day.

Kay: So let me try to summarise. So on a good day, you wake up from a good sleep without pain, feeling refreshed and your best day would be to go out into the field and do some shooting,

Phil: Yes

Kay: when the wind is light and the sun is shining. And then maybe you'd go and meet some family and friends go to places, have dinner, whatever. You'll also, going back to the morning, obviously the morning routine going correctly and an early start.

Phil: Yeah, that's important.

Kay: That will give you the opportunity to have a nice day out. And a bad day would start with bad sleep and waking up or waking up without being to sleep, being in pain, your morning routine extended or interrupted, your plans being messed up if you had plans to go somewhere.

Phil: Yeah.

Kay: Whether it's the weather or access to that place means that you wouldn't be able to get into it or you would expect the access be good and it isn't that can compound a bad day.

Kay: How can someone support you if you are having a bad day?

Phil: Particularly bad days. For, sometimes it's good to just have a quiet day so without too many interruptions but on the other hand, if I'm in the mood, it's quite good to be distracted. To have a distraction. Whether it is going out or something like the cinema which we particularly enjoy that can distract you from, from any problems you might be feeling at the time.

Kay: Okay. Fine. Lovely.