

Getting to Know You

Live example – Phil’s morning routine

Transcript

Kay: What can you tell me about your morning routine?

Phil: Morning routine is very important for someone who has been injured for a long time. To have a set routine is very important. It, normally it means, hopefully having a good night’s sleep, sitting up on the bed and then having a nice, leisurely cup of tea, watching the news, catching up on what’s been happening around the world before the process of washing, dressing and all of that entails which can take quite a bit of time sometimes.

Kay: If someone other than me was providing your personal care doing your routine in the morning...

Phil: They would need to have a very good understanding and knowledge of spinal cord injury.

Kay. That would be important to supporting you, through that, to get you started through the day, that way.

Phil. Yeah. That would be very important to do all the things that need to be done to get me up in the morning.

Kay. I would summarise from what you’ve told me there is that first of all, what’s important to you about your morning routine is that you take the time, to have quiet time on your own, having a cup of tea, watching the news before you then move into doing your morning routine of personal care, and that the personal care is as important as anything else and is done well and in reasonable time.

Phil: Yeah. Absolutely.