

Fiona's story

From [5 Easy Ways to Solve the Aged Care Puzzle](#) by Gail Ruth Miller

An active bushwalker, gardener, retired professional and long-serving member of numerous organisations, Fiona now faced life with fear and trepidation. Dave, her husband of forty-eight years, was bit by bit drifting into a world previously unknown to them both.

As dementia began to tighten its grip and his memory retention of current conversations was less than a sentence, they hung on a precipice that threatened to plunge Fiona into the abyss of fear and grief. Dave, of course, was totally oblivious to the changes occurring within him.

For Fiona this Fear, Grief and Stress came in many ways -

FEAR

Fear of the unknown.

Fear of the dwindling social life and the isolation that may cause.

Fear of the endless lists of schedules to master as daily activities were arranged to amuse this once highly intelligent man.

Fear of forgetting what time she had to collect Dave or what time he would be dropped home from an activity.

Fear that she too was succumbing to dementia as her memory became confused in her new role as a carer for her life-long partner.

GRIEF

Grief as she watched the man she loved drift backwards in time to the behaviour and concentration span of a pre-school child.

Grief as she realised the retirement they had planned was now being swallowed by dementia and whatever that may entail.

Grief at the thought of Dave having to go into an Aged Care Home because he was becoming unmanageable at home.

STRESS

Stress of plans changing and trying to remember where she'd put the details of the new arrangements.

Stress of having to provide activities for, and supervise, a man who had owned a business, employed staff, given direction to teams of people, educated and empowered others, and was now unable to remember what he just ate for lunch.

Stress of the embarrassment of Dave's inappropriate comments and behaviour on family outings and the realisation that outings were no longer fun for the family or safe for the public.

Stress of trying to pretend that 'We're managing,' whilst knowing that she isn't, but not feeling able to ask for help.

Thankfully, just in the nick of time, Fiona came to see that she needed to move Dave into care where he would be safe, others would be safe and she would be able to regain her health and sanity, getting the sleep and socialisation that were essential to her well-being.

Alas, as often happens when carers are exhausted, they cease to make rational decisions and so it was with Fiona. One day she was about to submit the paperwork to the Aged Care Homes she'd chosen, the next she decided that Dave didn't really need to go into care and so the whole idea was shelved!

At this stage the family has two options:-

- Step in, take over and do what is sensible, logical and required, even if there's opposition
- Stand back and let the wheels fall off



The inability to make decisions is closely linked to
depression

Details and names changed for anonymity

Booking an Aged Care Consultation today will relieve the stress of not knowing where to start.

If you'd like to see what an **Aged Care Consultation** involves, [Click here](#)