

- 7.00 Alarm - cup of tea - bathroom. Clear up generally.
- 8.00 C [home care worker] arrives. Wake auntie - in hoist to bathroom - run bath - transfer to bath seat. C washes while I make bed, gather clothes. Out of bath - dry, dress, hair, teeth. Back into hoist, lower into wheelchair. Meanwhile Robert [partner] off with my car for urgent repair to exhaust.
- 8.30 Clean bath. Mum out of bed - uses walking frame - into bathroom assisted by C. Make bed, hearing aid, watch etc., to kitchen.
- 8.45 Prepare breakfast.
- 8.55 Mum out of bathroom - feed Auntie - gobble own. C off.
- 9.20 Clear breakfast - wash up. Move Auntie to sit in window first.
- 9.30 Empty commode - clean bathroom again - towels etc. into washing machine.
- 9.45 Robert back plus repaired exhaust.
- 10.00 G [home care worker] arrives to sit with Auntie. Mum hospital appointment outpatients.
- 10.15 Get mum dressed - out to car - off to Worthing.
- 10.40 First hospital car park closed - drive round - queuing to get into second. Drive out and over to council car park. Long walk for mum with frame - no wheelchairs available - dragging one leg.
- 11.00 Arrive eye department.
- 11.45 Quick today - leave department.
- 12.15 Arrive home. Robert has already left to collect M [grandson] from nursery. G has prepared soup for us all - wonderful. Auntie to bathroom (hoist).
- 1.00 All sit down to snack lunch - feed Auntie.
- 1.45 Auntie to bathroom (hoist).
- 2.00 P arrives to sit from Alzheimer's Society. D [daughter] comes to collect M.
- 2.30 Off to clean church then shopping etc.
- 4.30 Back home - preparing evening meal. Auntie to bathroom.
- 6.00 All eat - feed Auntie.
- 6.45 Wash up - play patience with Mum and Auntie.
- 7.10 R [home care worker] arrives - assists in getting Auntie to bed.
- 7.40 To lounge with Mum - Robert out - television - no ironing tonight, already done by G - what a treat.
- 9.00 Wake Mum - advise her to go to bed - prepare bathroom, clothes etc.
- 9.30 Tuck her into bed.
- 10.00 Robert back.
- 11.00 Get Auntie up and toilet.
- 11.15 Hurray bed.