

In your own life what you want is a seamless web of deserved trust. The future will only contain what we put into it. Predictable and established ways of doing have equally predictable and established outcomes. Prevention is cheaper than care. What speaks to us, seemingly, is always the big event, the untoward, the extra-ordinary. Is it really a good idea to keep people alive longer? I'm terrified of sending her to a care home. Things need to change at every point, in every direction. Empathy among neighbours. A community we build together. There will never be enough. I feel under pressure, stressed, my mental health suffers, I have no training, no time. How do we create energy for change that isn't just a reaction to a crisis? Listening and silence can mean more. The opposite of loneliness. If a carer gives too much it might create dependencies. Balance is the key. There is no prescribed way to approach this. Find a line and then hang an interesting story on it. Don't plan on getting it right the first time. Do less. Carers help to build futures. I have been to hell and back and let me tell you, it was wonderful. All acts of care are done with love and out of love. Help is not a wall of leaflets. You're constantly at high alert, you have to be vigilant. What am I doing today? Care means different things at different ages. Value the skills and experiences that people already have. An active community, full of compassion. Loosen the knots of illness through care. It doesn't have to be something big! Our duty is to help and protect those in need. You can lose control of your future. No judgement. We need to make daily living easier. Participation, not consumption. I decided I wanted to be a proper person. Care is a process, to care is to have empathy for someone over time. Balanced relationships, a life outside caring. She made me a cup of tea and smiled at me. You forget your original relationship with the person you care for.

