

ALL ABOUT
ME



JEEMSIE

A PEERIE BIT ABOUT ME

JEEMSIE

My name is Jeemsie, I am 82 years old. I live in my own home in Muckle Roe. I have carers who come in and support me along with my family.

I have a heart condition which affects my breathing, I become tired very quickly. I have bother with my left hip and both knees. I am not steady on my feet and walk with the aid of a walker. If I become poorly it usually impacts my legs and I become bed bound. It is taking me longer to recover from illnesses such as the cold. Please be mindful of this, if you feel unwell please come another time. I also have Age-related Macular Degeneration (AMD)

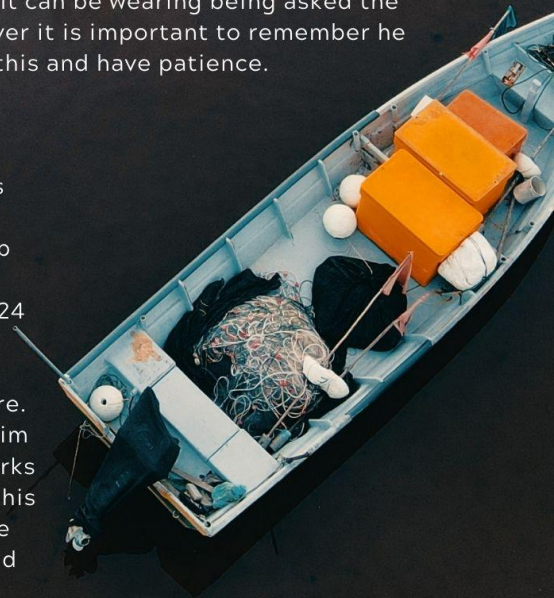
WHAT MY FAMILY HAS TO SAY

Dad becomes tired very quickly and tends to doze off mid conversation. Sometimes we think he is sleeping when he is not! Always be aware of your conversations. We are as open and honest as we can be as a family. We want Dad to have his say and make his choices when appropriate.

He does have a diagnosis of Dementia, however he does not agree with this. He gets very confused and sometimes upset or frustrated. This can be very difficult to manage, please remember to be empathic and kind. Dad will ask where Mum is or if she has gone to bed. Mum passed away 17 years ago. We prefer to say she is shopping or yes, in bed. We do not want to remind him she has passed. It can be wearing being asked the same questions over and over however it is important to remember he can't help it, please be sensitive to this and have patience.

Dad believes that he is fully independent and doesn't need help with anything. He wants to do things on his own and at times he can. However it is important that we keep him safe and are always there in the background. As a family we provide 24 hour care.

Dad needs help with his personal care. He has carers that come in to help him wash in the morning. Usually this works well but on occasion he will refuse, this can be a sign of him being unwell. He enjoys the company of the carers and has a great sense of humour.



MORE FROM THE FAMILY

AGE-RELATED MACULAR DEGENERATION

- There is plenty of information online but here is something we found useful: **Age-related macular degeneration (AMD) is a common condition that affects the middle part of your vision.** It usually first affects people in their 50s and 60s
- **It does not cause total blindness.** But it can make everyday activities like reading and recognising faces difficult.
- <https://www.nhs.uk/conditions/age-related-macular-degeneration-amd/>



Dad can sometimes say things that are inappropriate. He doesn't mean to be offensive. he grew up in a different era. The world around him has changed dramatically but at times he still thinks he is in the 50s. He has no idea of the cost of living. We find it better not to talk about things such as money.

If you feel Dad is in need of anything or if you have an idea of an activity please just ask.

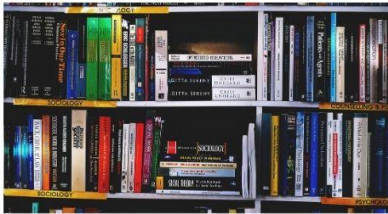
It is important that Dad is treated with respect, kindness and honesty. His needs, safety and happiness is what we strive to achieve.

MY INTERESTS



When I was younger I had a small creel boat, I fished for crabs, lobsters, buckies and queens. I also worked for the County, I have built roads, bridges and piers. Many are still in use today. I was a painter at Sullom Voe when it was first built. I enjoyed in my later years owning a peerie croft and working for Shetland Amenity Trust.

I have always been a fond gardener, along with flowers I also grew vegetables and fruit. In the winter months I made creels in the garage. I was always busy, I would still do all these things now if I could.



I enjoyed reading, mostly history books and stories about Shetland. Unfortunately I am unable to see to read. I do not like audiobooks but I enjoy if somebody reads to me.

I like sitting in my chair at the window watching the birds. I have lots of bird feeders and try to keep cats out. Since I am unable to read I like when others read to me. I have a huge collection of books. I can still play draughts and enjoy listening and singing along to music. It can be nice having visitors but if there is too many people I can't keep up with the conversation and get agitated. When visitors come along it is better if they don't stay for long.



DAY TO DAY

0500 - Up to the toilet. Cup of tea and a cookie. First lot of tablets

0730 - Up to the toilet and a cup of tea and breakfast. Morning tablets.
I may want to get dressed after this or go back to bed until my
carers come to wash me at 11am

0730 - Up to the toilet and a cup of tea and breakfast. Morning tablets

1230 - Dinner, this is our big meal of the day. Afternoon tablets

1500 - Cup of tea and a fancy

1700 - Tea. Evening tablets

2030 - Milk and a big biscuit. Bedtime tablets
I like to have snacks throughout the day.

I usually like to go to bed at 2100 but I will let you know.

I don't sleep at night and I am usually up 3x to the toilet. I have an alarm
that goes off when I get up. I will need support to the toilet. I can get
disoriented so need support getting to the bathroom.

Sometimes I play music in the night and I like to sing. I make lots of
noises and move around a lot. I don't get much sleep.

THANK YOU

