

Date: 25 February, 2001

Less detailed, a not-so good day—still not bad

We had friends to tea yesterday and this usually makes Jan more fragile the next day. The quandary is, do we see no-one and maintain a lifeless but quiet existence, or do we do things and live on a roller-coaster that mostly seems to go down and rarely goes up?

Time			Notes and thoughts
00	00		
01	00		
02	00		
03	00		
04	00		
05	00	Jan woke up, incoherent. Made a bathroom trip. When I put her back to bed, she was cold.	
		sleep	
06	00		
07	00		
08	00	Jan awoke, confused and incoherent. Helped her into her slippers, but she insisted in trying to put on her housecoat alone. The belt is the problem and she spends ages tying then untying it. After some 20 minutes of this I led her downstairs. She was very precarious on the stairs today.	
		Today is a day when there is 'us' and there is 'them'. When I said we	A good word to use to her when Jan is confused about something is 'normal'. Often she will

09	00	would have breakfast, Jan was unsure if 'they' would let us. Jan began tying and untying her belt and did so for at least 15 minutes. I laced her orange as usual, but it took her ages to drink it. Today is also a day when nothing is Jan's, so she felt she was taking someone else's drink. Eventually she finished it. The toast was on the 'chewy' side, but she ate most of it. She left her tea—though she tried to drink it 20 minutes later when it was stone cold. I offered to make another one but Jan thought this would be too much trouble for me. I know from experience not to go ahead and do it, as she will waste it. Today everything was 'horrible' and Jan said "I want to cry", "I don't know what to do".	hesitate at doing something she has done hundreds of times before and act as if she is being asked to do something outrageous. However, tell her it is 'normal' and she will often just accept that. Just occasionally, Jan will smile in the way she once did all the time, and for me, for an instant, the whole world lights up again. Doesn't happen often.
		Took Jan upstairs and dressed her. There was some reluctance as she didn't know why she was dressing.	On her bad days, she will make a scene and throw her clothes around; today was not that bad.
		I put her socks and shoes on in the bedroom and showed her how to clean her teeth then took her downstairs. Showed her where her comb was and took her to the mirror to comb her hair.	
10	00	Jan was very unsettled and was talking to herself more than usual.	When Jan talks to herself in this way, I become two people: 'Bruce' and 'him/them'. She will rant about 'him' and if I try to find out the problem, she smiles beautifully and says there isn't one. It seems to be she is understandably unhappy, but does not want to burden me with her problems.
		Asked her if she would like a coffee and some coffee cake and Jan was enthusiastic... that is, until I put it on the table, when she walked away. "I haven't got any money" was her response. I encouraged her to eat and drink and then Jan said I was getting mad at her. Finally she did eat the cake—a favourite—and then pronounced it too sickly. She had a mouthful of coffee and left the rest.	Jan believes she has two things: her gloves and her spectacles. She walks around throughout the day wearing a single glove, or sometimes, two. She is terrified of losing them. Sometimes she will carry her spectacle case instead, though she is scared to wear the glasses. These are new ones, probably the problem.
11	00	Jan wandered, muttering, after coffee.	
		It was sunny so I suggested we have a drive to Waitrose. Jan questioned if we needed to go out and as I put one of her boots on, she said she would stay behind. I persuaded her to put the other boot on and to come out with me.	Jan sits in the car, looking straight ahead. She seems to notice nothing, and when I talk to her, the first time she appears not to hear.
12	00	We shopped briefly at Waitrose and I saw Jan getting increasingly tense.	I have to hold her hand all the time, as well as steering the trolley, a feat that takes some practice to get right, as trollies have a life of their own.

		Drove home as I had a one-sided conversation with her.	
13	00	Asked Jan if she would like beans for lunch for a change (☺) and then made them for her. "Are those for me?" she said in complete surprise, as I put them on the table. I had to show her each piece to eat. She almost stopped part way through, but eventually ate most of it. She left all of her tea.	
		Jan resumed pacing and muttering, not interested in any interaction with me.	
14	00	To break the monotony, I asked Jan if she would like to walk in the garden and go to the summerhouse, as the sun was shining brightly. There was slight snow on the ground so it was not warm. After some light cajoling she agreed. We put her jacket and gloves on her and walked slowly out. The temperature in the summerhouse was warm and we were able to sit in there for a full 2 minutes before Jan pronounced it too cold. We returned to the house.	
		Jan resumed pacing, muttering "it's awful" and "why isn't there someone nice". She wouldn't take off her coat and gloves.	
15	00	Still pacing; if Jan stands still, she marches on the spot.	
16	00	Talked with Jan, who looked at me and said "I'm afraid for you". I told her that we've been together for over 35 years now and that as long as we're together, she needn't be afraid for me. She said "it's not fair". I suggested to her we might have a cuppa. Made a cup of tea and we sat down for lemon drizzle cake and tea. Jan took a long time to eat her cake and didn't finish all of it. The tea she didn't touch at all.	We have well-fed birds.
17	00	Finally Jan took off her coat. Sat down by the fire.	
		Had a St Clement's, laced with Lactulose. Jan did sit down for a while, a bit more relaxed now—'relaxed' is the wrong word, but relatively so.	
18	00	Watched television. Jan was unsettled. Cooked dinner.	
19	00	Ate dinner. Jan had problems with identifying what to eat and in manipulating cutlery. Left half of the meal.	
		Jan was unsettled after, preoccupied.	
20	00	Watched television; Jan still very unsettled—can't seem to see where the picture is on the tv; tried putting her glasses on her but that didn't	

		the picture is on the tv; tried putting her glasses on her but that didn't help.	
21	00	Dessert—Jan wolfed it down	
		Gloves back on; still uneasy. Went upstairs, made the bed, cleaned the cats' room, brought down the hot water bottle. Filled the bottle, grilled cats' fish. Took Jan and cats to bed.	
22	00	Usual routine getting Jan undressed and her teeth done. Gave her 4mg Galantamine. Showed her how to get into bed.	
		Went up to the attic to check e-mails and to close down the computers. Had to go back down when I heard Jan wandering. Put her back into bed. Went back up. When I came down, she was wandering again, so showed her again how to get into bed, then a short while later, joined her.	
23	00	Read for a few minutes—Jan was already asleep. Then sleep for me.	