



## Speaking from Experience *Type 2 Diabetes*

### Transcript for chapter 6 of 8: Family & friends

**Cliff (diagnosed 7 years) and Marcia:** It's very important for a partner, family, have to know, really, a bit about diabetes.

**Cliff and Marcia:** I think it's important, yeah.

**Cliff and Marcia:** Yeah.

**Cliff and Marcia:** Because otherwise they don't understand your reactions at times and why you can't do certain things. What your limitations are.

**John (diagnosed 1 year):** They understand why we're feeling the way we're feeling. It's important. And it's good that your family are compassionate and understanding of your lifestyle, which has changed dramatically. In my particular case it has, anyhow. And it's important they are there to give me the support and encouragement and make me feel better.

**Cliff and Marcia:** My role, really, is to be supportive. Um... well, every now and then I say "Have you had your medication? Is it time for your medication?" But, um, I don't think I can ever remember you saying, "No, I'd forgotten that."

**Cliff and Marcia:** No, and Marcia's pretty regular with the meals, and that... If I miss having a meal at the proper time, sometimes I'll begin to note that...

**Cliff and Marcia:** Yeah.

**Cliff and Marcia:**...and become a bit perspirey and so on and that's a good symbol to say, "Well, time you had something to eat."

**Cliff and Marcia:** Yes, and if he's out climbing ladders and building things outside, I'll come out and say, um, "Don't you need something to eat? Don't you need a cup of tea?" And, "Oh, yes, yes. When I've finished this."

**Bruce and Rosemary:** The only way to actually do it, I suppose, is have the partner know all about it as well, and between the two of you, you get there. It might've taken me eight years, but I've got there. [Laughs] But, no, it's very important that your partner can be with you on it. We have a few actually come to the support group, both husband and wife, and, um... it's really good because if there's something one missed, the other one will pick up.

**Bruce and Rosemary:** And sometimes the partner comes and the person with diabetes doesn't, so there's lots of variables, yes.

**Peter (diagnosed 8 years):** It does affect everyone, but to have your partner or somebody to come along with you and learn what it's all about so it's not in isolation, even though she knew more about it than I did, was fantastic support.

**Helen (diagnosed 13 years):** Because I cook most of the meals, there's not a lot they can do to help with the dietary side of it, but they know when I've had too many chocolates or too many lollies. [Chuckles]

**Bernadette (diagnosed 5 years):** It's helpful to know what's happening to you, but it's also helpful for them because, um, as we're aware, more and more people are becoming diabetic in our society, so they need to know for their own benefit.

**Peter:** If one person has diabetes and the rest of the family doesn't then, you know, how do you prepare food for one versus the rest of the family? And a whole of issues. Um... and I... They do exist, because, I'm sure... I, um... fortunately don't have children, but I'm sure if you've got kids, they're going to still want to have all of their things and they don't have diabetes, so it's a matter of, um... of trying to reach some sort of balance, I suppose.

**Cliff and Marcia:** I don't absolutely restrict myself, uh, every day, to exactly what he has to eat. In the main meals, yes. But every now and then I take a bit of liberty and I'll have a chocolate. Uh... it's good for me not to. It's good for me to follow the diet that he has, but every now and then I take a wee liberty and even I offer him a little liberty at times.

**Cliff and Marcia:** Occasionally I'll have one. I'll... but I think I've got enough will power to say...

**Cliff and Marcia:** Oh, you do.

**Cliff and Marcia:**...one a week, or something like that, and that's it.

**Toni (diagnosed 4 years):** They keep you grounded. They make sure that it's OK because they're doing the same things that you are, so, in my case, Ryan's really good. He'll come and he will not eat that stuff and he won't bring the stuff home and he won't drink a lot of alcohol at home. If he goes out with the boys, that's fine, he drinks that, but at home he does the same sort of things that I do so that... And it's good, because I know that I can rely on him and that he's always there and he's always looking out for my best interest.

**Cliff and Marcia:** It might surprise you to know that we've been married for 62 years, and I'd love to say we've never had a difference, but that's not the case. But we've been able to resolve it and I think we love each other more than we did when we were first married, so that's been a big plus, of course, in helping to solve the health problem, and we support one another and that makes the world of difference.

**Cliff and Marcia:** You become a team.

**Cliff and Marcia:** That's right.

**Cliff and Marcia:** Don't you? A supportive team to one another. That's... that's life and that's good.