

## GOOD DAYS AND BAD DAYS

*good days*



Feeling that I had helped Jane by taking her to the hospital or just being there when she needed it.  
Getting ahead with all of my jobs, leaving me feeling organised so I could help Jane during the day.  
Knowing that my daughters were happy to let themselves in at home and keep occupied until I got home from the hospital.  
Being able to catch up with Drew before I leave to go to work in the evening.

*bad days*



Jane not accepting the help that is being offered.  
When i feel disorganised when I have too many jobs to do in one day.  
Not getting chance to sit down and chat with Drew in the evening.  
Worrying that I'm not spending enough time with my daughters.  
With working nights and having to do so much in the day, I'm worried that my work will be affected.  
Will I be able to give Jane the support she needs.

Speak to my work colleagues so that they are understanding of my personal situation.  
Let Drew and the girls help with some of the household jobs.

*next steps...*