



Living with Disability

Living with MS: Veronica's story

Veronica Sinclair:

I was diagnosed with MS in 1985, June, and realised that although I was fit and able then, things were going to progress as time went on. We realised that I needed adaptations to the house to enable me to continue living my life.

David Sinclair:

Well before the adaptations it was difficult with Veronica going up and down the stairs on her bottom or I was carrying her up and down stairs for the last couple of months.

Veronica Sinclair:

Once we'd decided and agreed what I needed we then had to put in for a disabled facilities grant.

Veronica Sinclair:

The lift was installed over a matter of two days. The hole was cut in the floor and then they re-channelled the gas pipes and everything and then they fitted the lift.

It meant a week sleeping downstairs while it was installed. But now it gives me complete independence and I can do whatever I want at whatever time I want. I don't have to call on people to fetch things. I don't have to ask people to do things.

The OT had three lots of plans drawn up for the shower room, one with a bath still in, two without. We went for the level access shower room without a bath because the bath would have needed a hoist in itself.

This is a wet room. It's completely waterproof. This is a bidet. I have a bidet toilet. It's operated by an infra-red remote. I have a wall-mounted sink. I have lever taps, which mean that they're easily operated.

This is my shower room. The shower means I have complete control over how I want it. It has a glass door and a curtain, meaning that if a carer needs to be in here I can have complete privacy. The shower is electronic. Once it's turned on I can lower the heat, but not higher the heat. The whole thing means that I can have a complete shower, on my own, completely independently.

David Sinclair:

I don't use a hoist to get her out of bed. It's a lot easier just to lever her out of bed into a chair. It's sort of use a counterbalance, lift and lean back.

Veronica Sinclair:

For a kitchen to be fully accessible the sink unit will be one where you can get underneath, close to it, and the sink unit will be highered and lowered as would the hob, but I'm not sure I want to cook again. I did enough.

Veronica Sinclair:

A lot of my adaptations wouldn't be fully useful without the chair, because it means I can get to the right level I need to use whatever appliance I've got to use. The chair is so important because it really does help me live my life as I want to.

Without that chair I couldn't do lots of the things that I do. I have been out in it, because to go shopping in it is, you can reach things and it's a lovely chair. I love it. It does, it means so much.

When I couldn't get down into the garden it was dreadful, because I could see it from the patio and look down into the garden. The garden that I loved and couldn't get to.

The very first time I came into the garden, was able to get into the garden, it was raining and I still sat in the garden in the rain because I could, and it was wonderful.