

8.5.24

Julie McGrath

Missed last appt. as had cardiac issues

5 yrs since had pace maker put in (for AF)

Sleep apnoea. New mask that has magnetic fixings

which should be 4" from medical devices

(Have a new one on order)

If HR did drop to 40bpm.

M. passed away in Oct.

Used to travel from Harrington to Central Coast weekly
wasn't doing that anymore. Caring for M. to doing
nothing.

Had pain in neck + shoulder → GP → ECG NAD

Bloods → irregularity → ED at Gosford → RNS →

pace maker + stent (1 blocked artery)

Jan. 2019

M. passed 2018.

Type 2 diabetic - medⁿ NIDDM. Don't monitor BSLs.

Bloods from GP - OK.

8.6.24 - appt. Westmead to check cyst on left lower
leg. GP + optometrist RIF to Westmead.

C-Section - only surgery. Didn't heal. Open for
3 mos needing packing daily (sepsis) v. unwell.

Disgusting smell. GP said so infected.
(2nd child)

Lots of # as child - sports injuries

- shoulder, fingers, knees, ankle (netball, squash,
running)

Looks better in self.
started cleaning out garage & going through things;
finding things I didn't want to see
M^r & F^r stuff.

My stuff

Papers

Photos - good & bad

Clearing things. Getting rid of things

Gets rid of clutter

Throwing things out.

Garage flooded →

Tried to get govt. assistance, but none.

A few boxes to go.

When S^o back from Vietnam, we will get together
& go through it together & donate the rest.

? Coming up

From last session.

watched myself

I do over protect my daughter

She got raped in Jan 2024. She won't report it.
When intoxicated, so couldn't do anything

After that

I've protected her all her life, & wasn't able to
protect her from that. (Kimberley)

She has MH issues from childhood & so

→ anxiety; dep.; counselling.

Cornt took his side & not believe her & A^os
didn't believe her. She's reclusive. Doesn't want
to expand it. I'm concerned about her being a
paramedic.

The oldest, don't worry. She's stronger & seen a lot more.

She had a good relat. w/ her f^r

M&Ps knew (Kim) but all other family don't believe her.

Used to do counselling in jury after verdict
delivered.

My family - sheltered life experience

? over protection of Kim

→ try to do more for her

→ drop things to go to her but not others

eg. going to Castle Hill to olden + visit 50

asked Kim if she'd like to come. She had to go to Dr + R.T.A. I said I'd go to her, but didn't get to Castle Hill. I put youngest 1st even tho had plans to olden.

F: guilty as felt let olden down.

Jade knows Kim's background.

→ says Kim needs to grow up + get over it.
(only just told Jade about the rape).

Reflection from last session. She will be fine;
She will survive.

She's strong enough.

Jade contacts me several times a day + see her weekly.
Kim - does her own thing. Doesn't join in. So I

try to push it too far as I want the same relat. as I have to Jade. Kim is closer when younger.

Sometimes I think she blames me, for what happened to her, but won't talk about it.

My bro's wife wouldn't tell Kim's f^o about her life
Kim worries about that.

Don't want K to leave home as I'll be on my own.

Homework - what do you want your life to look like?

Jade + I like best friends.