

09/12/24
pm Mark Muscat.

Feeling down.

Isolated; don't do much.
1 friend but no longer

3 brothers -

1 I can't stand. Didn't visit me when had stroke.

Bro said he hoped I died.

Get up - 7am - days I want to get up

Make myself

Walk daily for lungs

Get bored

Watch a movies.

Full sleep

Play w Puppies

Don't want to do anything

after stroke - felt really bad

No arm movement 1 yr (RT) = 30% is left.

Surgeon cut bicep nerve.

after hospit at - felt really good as survived

I know what it's like to die

Stripped dreams - about aliens

Me & 2 friends going to shed on properties
collecting vintage

People from other planets doing things together.

over & over - done me mad.

Ventilator noise constant.
things invading us.

F: real; boring; Same thing over & over

Frustrating & tiring & didn't want to be there.

Groundhog day.

Like eternity

Pain still immense even tho under (sedated)

I blocked it out

(Brain)

When I woke up, brain matter & blood leaking down face;
into eye.

Dr

At same time - M. dying of leukaemia

After - different appreciation of where you are.

(W) don't realise how lucky you are to be alive.

2nd chance. I felt great

Then reality kicks in & go back to old ways.

was ok until skin cancer

Brought it all back.

Now turning on light switches on ++
started after stroke.

Skin specialist → feels bad about self. Anx & ++

→ stress; turning switches on ++ & checking. Can't
walk away. Now check cards; have to hold them;
touch them; make sure they're there.

? if knew in

(W) - look after Mary; give back; makes me feel good.
— just feel down.
Dogs help.

Counselling at 23 - panic attacks

Childhood o.k.

10yo.

Pool being built. Dad angry in me & threw rocks at
me. Cut leg on trying to climb out.

Ran away once & rang M. Frustrated as picked
up by F. He died of emphysema.

He was good bloke. M^r drove him crazy.
When I woke up from coma. Meant to have physio
But no one came.

Trying to f^u without arms - hard
Couldn't hang washing
on DSP

Tried to get OT Ax for shower - as in bath.
but have difficulty getting out.

If I fall, can't use hands. Have to use shoulder.
Need O.T. Ax

Georgia at Laura NDIS. - said I've applied once
but knocked back. Need home mods for shower
→ go to GP + get form to reapply.

Brain scan. signs of dementia.

PET scan → no dementia. ; 'cognit. decline?'
Stroke.