

*“My mum was always a very independent woman*

*She ran her own business alongside my grandmother. She could sell anything to anyone and made her customers feel important and special.*

*She sang from a very early age and had a beautiful soprano voice. I can remember being very embarrassed when she came to my school church services that she was the one who sang the loudest. It was many years after I realised how talented she was. She could have sung professionally but she could not remember words and got very nervous. However, she sang for many years in choirs and amateur musicals.*

*She has listened and enjoyed music all her life.*

*She never learned to swim as she was frightened of putting her head under but she does enjoy water and would always take her shoes off and paddle in the sea.*

*What else has my mum enjoyed doing.....*

*Caravaning*

*Tea dancing*

*Shopping particularly for clothes*

*Baking cakes*

*Eating cream cakes*

*Watching Coronation Street*

*Playing whist*

*Now she has dementia and although she does not understand it she is unable to look after herself and has been in residential care for two years. She is still very independent within the care home and they encourage her to be so. However, when we take her out each week end we try to plan a trip which she will enjoy. She still enjoys listening to music and ‘danced in her seat’ all the way through a 60s night. A few months ago we went to see a performance of a Gilbert and Sullivan opera she took part in when she was in her twenties and she sang every word. She still likes cream cakes and Coronation Street. She can still beat her grandchildren at whist!*

*We focus on what my mum can do and what she will enjoy. This makes visits less upsetting for all the family but most of all for my Mum.”*



This work was produced as part of the TIGER project and funded by JISC and the HEA in 2011. For further information see: <http://www.northampton.ac.uk/tiger>.



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