



Speaking from Experience Families & Chronic Illness

Transcript for chapter 8 of 8: Words of wisdom

Sheridan (age 16, parents with illness): When you're in situations like this, my advice would be to speak up. Because I didn't speak up for a while there and it got me dropping my grades, none of the teachers were communicating. My mum got the complete... she thought I was doing fine for a few years there, but I wasn't at all. And I needed extra tutoring there for a while as well. But the best part would be to actually speak up.

Simon (age 18, Shiralee's brother): Really talk about it to the closest friend or relative you got. If that's not working, talk to friends, like school friends, counsellors, school counsellors.

Shiralee (age 22, cared for father): Just say to yourself, I can do better than this. I can get past this stage. I can recover; I can talk to people if they want to listen. If they don't, talk to someone who you really want to talk to.

Lisa (age 14, cared for grandmother): Just talk to your family and friends, teachers - anyone that's close to you just talk to them and they'll help you out.

Shiralee: It is a healing process, just talking about it. Trying to get all the stress out of your body, to come out.

Jessica and Alister (age 17 and 18, respectively, both cared for grandfather): It's different looking after someone that you love and care for - seeing them at that stage, but you do it because you love them. So playing that role and helping them out, it helps you out too.

Tianna (age 14, cared for grandmother): I like it because I get a lot of responsibility and mum trusts me to do that. So, yeah, I like doing it.

Jandarmarra (age 11, cared for grandmother): It makes me feel like I'm responsible for what she has to... for what I... what she tells me to do.

Aaron (age 17, cared for grandparents): It feels good when you do good deeds and stuff.

Lisa: It influences me very much, because I feel very proud of myself and what I did to help her out. And it gives me more respect for my elders. Because you never know when they're going to pass away. You've just got to respect them.

Aaron: Don't get rid of them so fast if you get too frustrated. You don't realise what you've got until you lose someone.

Lisa: Just be strong and just hope for the best.

Sheridan: The more people you talk about it the more you tend to take that step in getting over it. So, yeah, it just helps a lot.