

Families & Eating Disorders

Chapter 9 of 9: Looking ahead

Tracey:

You do get past the hospital admissions, the nasogastric. Some kids self harm. It does stop, there is hope. You just move onto a different phase and recovery in some ways can be longer than the initial acute part of the illness but you do get past it.

Rosanne:

She's ... I mean she's in no way healthy yet so we've still got quite a long bumpy path in front of us I'm quite sure. But the fact that she's managing to cope with the university course so far is good.

Trevor:

A girl said to us once who had been very sick with anorexia said what's the most important thing that you can remember and she said ever when I was at my sickest she said I can remember the unconditional love of my mother and father. Now even when I was at my sickest. So we always kept that in the back of our mind. We just got to keep trying, be patient and get a good medical team around you that work as a team and just follow the program and just stick to it religiously as hard as it is and just work really, really hard and just don't give up hope. And accept that sometimes you might go one step back but you haven't lost the battle. You know, it's sometime two steps forward and one step back, so you just can't give up and eventually like in our case things slowly turn for us.

Carol:

No sort of, you don't realise ... I don't think you realise quite how tense and how on alert you've been for so long. It's a bit scary to even imagine that perhaps we, you get a bit scared of imagining that perhaps we're nearly there. There's sort of that little bit of fear that, oh God, I better keep my guard up just that little bit longer until I'm absolutely sure.

Rosanne:

I've got a lot of hope from hearing other stories that people do recover and I really hang on to that, that she will recover. I think there's a lot to be learnt from it. I think the fact that maybe there are vulnerable parts of her personality that she needs to learn more about. That's a positive thing that she will learn how to cope with possible stresses in the future and learn to recognise signs before they become out of control. So I think the fact that I know people do recover. Dark times I think I've reminded myself that, that we will come through this. It's a hard road but we will come through it.

Ian:

Our daughter has come... we feel that she's stepped out the other side of this illness and she really embracing a lot of aspects of life which you would expect of someone her age.

Trevor:

I look at Sarah now at home, just the little things and that's how they said to us when Sarah was getting better. They said how do you know she's getting better and I said it's just her demeanour, her approach to the world. So now I look at her a girl at home who's bright and happy again, isn't she? You know, just a normal teenage girl. And she reminds us of Sarah before the illness.

Ian:

I think we can all look forward to, we can focus on other member of the siblings and watch how they develop and hopefully there's fun has come back into this family which is, which is a lovely position to be in.

Carol:

I think learning to trust that perhaps she's going to be ok, it's going to take some time and to chill, as she says. And to not panic when she says, I'd like to go for a run or she's doing cartwheels in the backyard. It's just going to take time to realise, hey that's normal, and that's ok.

Malcolm:

She had a stage where she got quite chubby again and she hated herself and she's looking great at the moment and look, I think she's always going to have food issues and to her credit she's controlling that and ...

Lisa:

Managing it and they say that's what they do.

Malcolm:

And I'm just so proud of her to ... she's doing this on her own.

Lisa:

She's down here in Melbourne now.

Malcolm:

And she's found her little niche in life and enjoying life and it's just great.

Sonya:

When we are the end of the journey, it's not if but most definitely, when we're at the end of this journey, it will be the best job I've ever done.