



Joyce

LIVING WITH MULTIPLE SYSTEM ATROPHY

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I have found this year difficult as I haven't been able to see family or friends. It has been lonely and challenging. There have been many changes this year due to COVID-19 and the pandemic, not just for me, but for everyone such as closure of shops and gyms, home schooling children and meeting up with friends for coffee is no longer an option.

and healthy in the following year and there is a positive atmosphere in the world once again.

For me personally, I have found this challenging because my daily routines have changed and my independence has been taken. I am house bound like so many. In regards to my disease, there have been many changes over this past year also. I can no longer go for a walk alone or drive the car. I have moved downstairs permanently as the stairs are too dangerous and challenging for me to be on.

In the past year, I have come to the realisation that I cannot do what I was once able to do. I struggle with certain things in everyday life. I have learned I need to be less independent and take family and friends help when offered. This is difficult for me as I have always been self-sufficient.

With any luck, next year I will get to travel abroad for a sun holiday with my family. The sun does me the world of good!

I hope everybody will be happy