

The Open University
 Dementia and Us
Marion's Story
 Transcript

Aston / Captions	Timecode	Narrative
The Open University	10:00:02	
	10:00:05	[Music in]
	10:00:15	MARION When I was diagnosed, I literally told the driving licence people 'I'm just going to give my licence in'.
	10:00:24	MARION I sat in my house and thought 'What do I do now? Where...', you know, 'How do I get out now?'
	10:00:30	MARION But you just have to carry on, you know.
	10:00:34	MARION I'm going to have my hair done.
	10:00:36	MARION I feel like I've got a... was it a skin...skip in my skep? No. Skip in my...
	10:00:42	PRODUCER Spring in your step.
	10:00:43	MARION Spring in my step! That's the word! Spring in my step. I can't wait. [Claps]
	10:00:49	MARION I've got a bus pass now, and I like to go to Whitley Bay, and I go there to have my hair done.

Aston / Captions	Timecode	Narrative
	10:00:58	MARION So excited! [Claps]
	10:01:00	MARION I've mastered the way to get to Whitley Bay on the bus, and then on the Metro...
	10:01:05	[Music out]
	10:01:07	MARION ...and I know it like the back of my hand. But I do still have a piece of paper with me, just to say... so, that in case I forget where I'm going, I still always have that in my handbag.
	10:01:21	MARION In all honesty, this is my favourite place to come. Everybody chats, don't they? I feel uplifted today. Not that I'm down in the dumps or anything, but it's... you know when it's something that... it's worth living for.
	10:01:30	[Music in]
	10:01:36	HAIRDRESSER Yes.
	10:01:39	MARION Love you all.
	10:01:40	HAIRDRESSER Take care!
	10:01:47	MARION I love going on walks. I love going down to the beach. We have got the best beaches up here.
	10:01:54	MARION

Aston / Captions	Timecode	Narrative
		I love doing that. I could walk for... for hours. It doesn't matter whether it was cold. I mean, it's so invigorating. It really is.
	10:02:03	MARION But you go to a special place and they have this nice little cafe afterwards, so you can have a nice cup of tea.
	10:02:08	MARION Green tea is fabulous.
	10:02:11	MARION What I'm trying to do is just enjoy my life. Go on holiday.
	10:02:15	[Music out]
	10:02:16	MARION That was lovely, but I've got to walk it all off now.
	10:02:18	[Music in]
	10:02:19	MARION My biggest joy is dancing.
	10:02:23	[SHE STARTS DANCING AROUND HER HOUSE]
	10:02:26	MARION Ballroom and Latin dancing. I love that.
	10:02:33	MARION I get tired. I get tired quicker, but it doesn't matter, because I feel great.
	10:02:42	MARION I know all the steps off by heart. It's one of those things that I've not forgotten, and I don't forget. Thank god.

Aston / Captions	Timecode	Narrative
	10:02:59	[Music out]
	10:03:00	MARION I also do meditation.
	10:03:00	[Music in]
	10:03:02	MARION And that's... that's really good. It doesn't work for everybody but it works for me. I get very, very in that...what do they call it? Zen.
	10:03:12	MARION The thing that matters most for me though are my grandchildren and my own children.
	10:03:17	ISLA Grandma!
	10:03:18	MARION Hello gorgeous.
	10:03:22	MARION My grandchildren are my... I could... you know when you want to just ooh, squeeze them! And my elder one, Isla, she's just so interested in everything.
	10:03:35	MARION What colour are they?
	10:03:36	ISLA It looks like orange, but they're pink.
	10:03:39	MARION And then we get little Hugo.
	10:03:40	MARION Thank you, darling.
	10:03:41	MARION'S DAUGHTER Thank you, Hugo!

Aston / Captions	Timecode	Narrative
	10:03:43	MARION Thank you.
	10:03:43	MARION He comes in like a little old lad, and then he goes ‘Nana!’, but it’s just so sweet, and they are my life. That’s the best thing.
	10:03:56	MARION You know, you can have a million pounds or you can see your grandson and granddaughter for the rest of your life. I’ll take the granddaughter and the grandson. I don’t need the money.
	10:04:08	MARION And what does nana do on a Friday?
	10:04:10	ISLA Go to the library.
	10:04:12	MARION Is it your school library?
	10:04:12	[Music out]
	10:04:13	ISLA Yes.
	10:04:14	MARION I do a little job in the library. Just volunteer, because Isla goes there anyway.
	10:04:15	[Music in]
	10:04:20	MARION So, that’s another way of seeing her. I do need sometimes though for people to say ‘Come and do this with me’. So, as much as I want to be independent, I also... I want... also want someone

Aston / Captions	Timecode	Narrative
		to say 'Come on, I'm taking you out', which is what my friend down the road does. She just said, she rings me upstairs, 'Right, we're going out for coffee'. That's it, I'm out.
	10:04:42	MARION Oh wow. That's amazing, isn't it?
	10:04:45	MARION I get very good. Very, very good... I can't call it service, because that sounds rude. Help.
	10:04:52	MARION Every Thursday, we used to go and do pottery, or we would go and do...we even did a little dancing thing. It was put on by the admiral nurse. I can't remember everything about it but... so, we would go in there, we'd have a cup of tea, all have a little chat.
	10:05:13	MARION For five weeks we were doing cooking. I wouldn't say that my pastry was that good, but I... I loved it.
	10:05:22	MARION I want my own independence... but I do need other people as well.
	10:05:35	[Music out]
The Open University	10:05:36	
BROADCAST AND PARTNERSHIPS	10:05:38	
© The Open university	10:05:39	
	10:05:45	[END]

