

This is My Story....



Robert (Bob) Partington

## **I like to be called**

Bob

## **I live at**

The Lodge Nursing Home (Hyde Park)

## **The people most important to me**

Jan (wife), Brett (son), Jane(daughter), Jason (son in Sydney)

## **Things I would like people to know about me**

I am one of the nicest people around and am adored in the fashion industry. My family is like the Brady Bunch and visit (and care) for me nearly every day. This disease (Alzheimers) has unfortunately brought out behaviours that are simply not me eg. aggression, swearing, and agitation. I have never argued with my wife in over 50 years of marriage. I met Jan at a dance and this has been the thing I loved doing the most (rock and roll dancing) and I love listening to music with a great dance beat from the 50's and 60's era. I like the Beatles.

I am a very quiet person in general with a kind smile. I love communicating with people and talk to anybody and everybody. I am told I have a nice smile and am very comfortable with both men and women. I was a great role model to my children and always took an interest in their sport and activities and taught them all how to play sport and be respectful.

## **My story so far (family, home, background, and treasured possessions)**

I have 3 children (Brett -47, Jason, 44, Jane 41). I have 8 grand children (Zak, Sam, Tia, Max, Phoebe, Bronte, Abbie). I grew up in Colonel Light Gardens and went to Colonel Light Gardens Primary school. I used to have animals in my backyard such as kangaroos, sheep etc that I would bring friends to see at lunchtimes. I was always good at sport and excelled at football and tennis.

## **I have worked as**

a former national award winning women's fashion retailer and have owned the 'Sydney Street' stores at Burnside Village for over 28 years. Before that I was a fashion wholesaler and worked with my father Les Partington from my warehouse at 22 King William St, Kent Town. I spent most of my life working from this location and am very attached to it. I employed many people over the years and was a very kind and generous boss. My staff adored me and even though some took advantage of my kindness, I always saw the good in people and treated them equally and fairly.

### **My current and past interests are**

I like the Port Adelaide football club and enjoy talking about the football champions of the era eg Russell Ebert, Barrie Robran, John Cahill and even tough guys such as David Grainger. My favourite sport is tennis and I have a court at my old home at Burnside and enjoy playing socially. I was also a good squash player and played for Old Collegians. I took up golf later in life and learnt to play at Mt Osmond Golf Club, then became a life member at Glenelg Golf Club.

I was a big Seinfeld fan and used to laugh at the characters and situations. My relationship with son Brett is very close as we worked together and enjoyed bantering about life together.

Currently I do not engage in very much at all really. I may watch tennis or football on tv for a while. I no longer read books, but I like looking through my old photo albums for memories and may flick through a magazine or newspaper, but only for a short time. I used to enjoy bringing out the best in other people and seeing them smile. If I made them feel good about themselves, this made me feel good.

Fashion and work was my life pretty much and spent nearly every waking moment talking about the fashion industry or how to do things better. I retired at 50 and lasted one week, I became bored and then went back to work for another 17 years. Fashion is in my blood. My son Brett has taken over at 'Sydney Street' now.

### **Routines which are important to me**

My showering routine is quite important to me and I usually brush my teeth first (may need help), then have a shower (with help), then shave myself with my electric shaver. I now need extra help with both the showering and the shaving as well as dressing, and is best if one person helps me with possibly another handing items to the other to make the process really smooth. I do like to feel empowered and independent so if you can have the patience to let me try to do as many tasks as I can by myself (with some assistance) it would be appreciated. Eg buttoning up shirt, pulling up pants etc..I get frustrated when I can't get my arms in my shirt sleeves and I need people to understand that I don't like others to take my pants off. If I don't take them off voluntarily I sometimes go in the shower with my pants on, they will become heavy and I will remove them in the shower for you. When taking pants off or on I usually hold onto a wall or door for stability and use one hand

to hold the garment. I will need help with this action, but you need to be ready and do this quickly and smoothly and without fuss.

I no longer like spray deodorant under my arms, I prefer a roll on, but I am sensitive under my arms so I may react if you do not warn me first or do not put it on quick enough. I like to have my hair done and create a 'part' on the right side of my head (when facing me). I may put my shoes on the wrong foot, clothes on inside out and often wear a jacket as I feel the cold. I do not always get into my pyjamas although I always used to, so please attempt to put them on me, but if I become agitated is best to let me sleep in what I am wearing.

### **Things that may worry or upset me**

When in the RAH recently I used to pace up and down the hallways for hours and hours manically. I only started doing this when I was in hospital and have stopped doing this whilst at Ward 18. This must be due to the quieter environment and the fact I have more room to move.

I may call out for 'Jan' (wife) as I am very close to her and miss her company. If you re-assure me she will be in later when I say this, I will feel comforted by this.

### **What makes me feel better if I am anxious or upset**

Sitting with me and distracting me with photo albums or Port Adelaide related books, or throw a soft ball to me and I will catch it and throw it back. I like human interaction and affection so if you can rub my back and show genuine compassion when I am upset I will feel better. I don't like people telling me what to do and bossing me. The best approach to calm me is to talk gently, smile and be sincere. I may need to change environment to get my mind off things and a walk in the garden would be a better option than by myself in my room.

### **My hearing and eyesight**

Are both very good, however due to the dementia it is sometimes difficult to get my attention and eye contact. Keep things simple for me and use less words where possible, but please do not talk to me like a child, I want to retain my dignity and will respond best if you are kind and considerate to me at all times. Just concentrate on keeping your sentences short, and smile when you talk with me as I like happy people being around me.

## **How we can communicate**

It is always best to approach me slowly and get my eye contact and attention before speaking to me as I have slowed up a bit. Be mindful to not patronise me as I can feel when people are doing this to me. I used to be a very good communicator and am very comfortable with women due to my former career in women's fashion. I can be affectionate and shake hands with people and my hands are 'the gateway' to how I am feeling. If you hold my hands and they feel floppy and soft I am in a good mood and really relaxed and comfortable. If my hands are tense and rigid this is an indication that my mood has changed and I am becoming agitated or may need some medication soon. I will also have a stare that becomes a bit 'dark' and may even say a few swearwords under my breath eg "bloody bastards" or say "c'mon let's go" that are all indicators that I am frustrated and starting to escalate. If I try and grip your hand too tight and squeeze you hard this means that you need to watch my behaviour closely and consider medications as there is a small window of opportunity where I will take medications for you easily (about 10 mins). My medication takes approx. 40-45 mins to start working.

## **My mobility**

Is pretty good but I have slowed up recently and tend to shuffle and walk with a slight gait. I am more hunched over than I used to be and hopefully will regain my posture. I have not fallen over very often at all and am still very strong and fit. Many people have commented on my strength so please be aware of this.

I can throw and catch a ball and could even drop kick a soft football up till recently. I enjoy ball work, but if I throw it too hard at you this is an indicator that I am escalating and you may need to change the activity.

## **My sleep**

I like to sleep on my side and often get myself in unusual positions on the bed. I like blankets as I feel the cold at night. When I am frustrated I may pull on the sheets or rip them off the bed (another indicator). I like to help sometimes by folding my sheets and blankets. I have had a very interrupted sleep pattern recently at the RAH as it was so noisy and I was not myself. I am trying to get a more solid sleep pattern as I have sleep apnoea, but no longer use a 'cpap' mask as it irritates me. I do snore and may get up during the night.

I like to be woken up slowly and sensitively. I don't like bright lights turned on full and windows opened straight away. Talk to me softly and gently when

waking me and perhaps rub my shoulders or arms to let me know you are there.

### **My personal care**

I need help when I go to the toilet. I may gesture to my groin area if I need to go to the toilet. Just walk me to the toilet door, show me the toilet sign and then walk me in. Remind me to aim for the water. I need reminding to wash my hands and may even need to be shown. You will need to keep an eye on me to ensure I do everything properly. I try to brush my hair but may need you to finish it off for. This also goes for cleaning my teeth.

### **How I take my medication**

The best way to give me medication is to offer it to me straight after doing a task or activity (eg toilet) so you almost catch me off-guard and I will instinctively swallow the meds without thinking about it. The more you make a focus on the meds, the less I will take them. Is best to take the tablets out of the cup and place on the palm of my hand. Remind me to put them in my mouth by gesturing upwards towards his mouth with an open upturned hand.

If I am refusing the meds – give it a rest for 10 mins then distract me then try again. If it still does not work you can crush the tablet and bury well into food eg cake.

### **My eating and drinking**

I like my food and drink and rarely say no. I like meat and vegetables as well as soup and especially love my dessert with ice cream. I enjoy a black tea with no sugar or a white coffee with one sugar. I also really chocolate drinks like milo. On a good day I can use my cutlery quite well, on others I may need the food cut up and use just a fork or just a spoon. I like my hot drinks - not too hot.

### **Other notes about me (places I have lived, significant life events, tv programmes I enjoy, favourite holiday etc)**

I generally stay in Australia now. I used to enjoy Club Med holidays at Lindeman Island, Bali and Noumea and had a walking trek with Brett and Jason in New Zealand (Milford Track). I love watching Seinfeld and really like George and Kramer as characters. I like watching Wimbledon and tennis in general plus AFL. I follow Port Adelaide. I enjoy my old school days in Colonel Light Gardens and when I went to Unley High. We have always had corgi dogs and I have had 3 of them. Velvet, Goldie, Prudie. I am allergic to horses and cats. I used to like sprintcars and speedway. The solo bikes and sidecars were a favourite also when at Rowley Park. Winning national retailer of the year was my biggest achievement and we flew to Sydney to receive the award and were in all the newspapers.

**Date completed**

19/1/16

**By whom**

Brett Partington

**Relationship to person**

Son