

Expectations

- Q: "What do you think about the quality of your life at the moment?"
A: "Um it's not as good as I'd like it to be, um I retired thinking that I could travel and um I enjoy walking and all those things I can't do at the moment um so I've not been able to socialise as much, enjoy um walking because I haven't had the energy um that I like to do and I haven't travelled because of my illness"
- "I think the starting point of saying how good is your quality of life is to work out what you mean by quality of life. And it would seem that it's, it's something to do with what you'd like to be able to do compared to what you can actually do"
- "It is the emotional side ... saying goodbye ... you don't want that, yeah, not at forty-nine ... you want to live on ... another twenty years at least ... Too much to do, too much to see ... See the grandchildren grow up"

Adaptation & Coping

- "We can take the wheelchair into the park and go into the park ... as I've always been so very active. But I must admit, I've been quite surprised how I have accepted it"
- "Myeloma you can't cure. It's there to stay, that's it, so I accepted it. It's when you don't accept it you get problems. But I accepted it and take it"
- A: "You haven't got the stamina and things like that"
Q: "And do you think that affects your quality of life?"
A: "Not really, because I get accustomed to adjusting to the way I work, sort of thing."
- "I think in terms of quality of life your, your expectations possibly change at different points ... let's say I'm in the midst of chemotherapy treatment, my expectations of what I want to do every day are lowered because I know I can't do too much. So just getting out of bed possibly and watching a bit of telly and concentrating, at that point, would be good quality of life. Whereas at the point I am now where I've finished treatment and I generally feel physically and mentally well, I guess I'm comparing it to what I'd do before myeloma really"

Spirituality

- "My faith bring quality in my life ... Because I have that faith it give me the strength ... the faith is a number one thing and because I have that faith then it gives me the, the strength to do things, the will to press on, to, to carry on, to, to do as what I'm told to do by the doctors, to take the medication"
- "I just think it's my faith that, that, that restores everything, restores my, my hope, my, my ability to do what I used to do"
- "He's given me the good doctors to make the right decision, you see. I mean the doctors have got wisdom and the knowledge, but who has given it to them? God is the doctor of all doctors"
- "If you believe strongly into a thing, it becomes your reality and I think, I believe in God, and I think that is what carries me through"