

## **TRANSCRIPT – MARK COREY CAREGIVER VIDEO**

When you hear something that happens very traumatically to your son, it tears your whole heart out and you really feel the world's coming to an end. It's one of those things you never think is going to happen to you – it's going to happen to somebody down the street – and it's gut wrenching, and it's tears and it's depression, to some degree. It's just sometimes frustrating, cause you know, when you have to help him go to the restroom or to help him in the shower. He knows you shouldn't be there, but at the same time you need to, because he won't initiate to get the task done. So, that's hard, because it's frustrating. But then you realize you're not going to do anybody any good if you don't just reach forward and help yourself and help him move forward in the best, positive way you can. Stay strong! If you stay strong, they're going to feel it. They're going to sense what you are. If you're depressed, they're going to sense that and it's not going to help them. People have been through this before. Seek out, look out for other Caregivers, or other families that have gone through it. Maybe you'll listen to them and 90 percent of what they tell you, is like, you're saying, is no good to me but maybe there's 10 percent that's good. Well grab the 10 percent; incorporate it into what's going to help you. Without the VA, we would be in, I think, more of a crisis mode. It's given me the ability to go out and be able to get people that can come in the house to help with his physical therapy in-house, whether it's speech therapy, whether it's occupational therapy, as well as caregiving, itself, when I have to actually go out on the job, and be out of the house. They truly care. You know, where I am today, with each day, I think I get stronger and stronger. Each day is a blessing, just to have my son with me. Yeah, we'll have our moments here and there, but to me it's very minor. My son looks at me and smiles, or makes a joke, or just says something, you know, it's always uplifting. It just makes me feel phenomenal. My name is Mark Corey, and I am a Caregiver.