

CARER FRIENDLY POETRY COMPETITION

#showyoucare

If I'm sick who will take care of her?

It's a simple enough question but I realise I don't have the answer
Her family don't speak to her, mine too unwell to care for anyone else
I figure I could manage... Right?

If I'm sick who will do the shopping?

I keep my mask tied tight, sanitizer close at hand
The anxiety sits heavy on my chest as I rush around the store
I keep a list of delivery companies on my computer just in case

If I'm sick who will cook?

The cupboards are full of rice and cans but she can't cook alone
Who will feed her? Who will feed me?
I add another four packets of instant noodles to the cart

If I'm sick who will do the chores?

Dishes, laundry, hoover, clean the cat litter and check the mail
Seems so simple but it's a marathon when you're not well enough to leave the bed
I put on another load and try not to dwell on it

If I'm sick who will sit with her?

I hold her close and kiss her head
Hide the headlines from her
No news is good news, right?

If I'm sick who will manage the finances?

DWP requires updates, the bills are demanding and there's always something that
needs a response
I check my phone
"You have a new universal credit notification"

If I'm sick I don't know who will care for her

I don't have the answer
The government doesn't have the answer
I don't know what I'll do

Keira Evans

