

Drawing Number	Participant Number	
11 & 12	09	
Performed referenced action	Heard (Researcher / Participant dialogue)	Seen (Researcher observations)
01	<p>R: So, we are in the Bedroom, and what time do you wake up?</p> <p>P: 06:30.</p> <p>R: And is that by an alarm?</p> <p>P: Yeah.</p> <p>R: And what time does your wife wake up?</p> <p>P: Same time.</p> <p>R: Are you waking up for her, so if she were not getting up, you wouldn't either?</p> <p>P: Yes, I am getting up as she has to start the day at 06:30.</p> <p>R: So, you are awake now, so what do you do?</p> <p>P: So, the first thing would be, I'd go downstairs, make the tea and pack her some sandwiches.</p> <p>R: OK, then let's go.</p>	<ul style="list-style-type: none"> On-street lamppost visible from participants' Bedroom. Stairgate at the top of the Landing is locked so the dog does not come upstairs.
02	<p>R: So, you are out of bed and in your pyjamas.</p> <p>P: Yeah, then I go downstairs.</p> <p>R: So, we are now in the Kitchen.</p> <p>P: Yeah, so stick the kettle on and make the tea, do her some cereal and make her some sandwiches if she has not got anything for the day.</p> <p>R: So, does she always take a packed lunch?</p> <p>P: She takes to pack up most days if she has a big meeting, but if she is going somewhere where they provide food, then I do not pack her up.</p> <p>R: OK.</p> <p>P: I also let the dog out for a wee, as he is also waking up at this time, and then I take the breakfast back upstairs.</p> <p>R: So, is this about 07:00?</p> <p>P: No, probably more 07:00 to 07:15.</p> <p>R: Do you eat cereals at the same time, or is it just for your wife?</p> <p>P: No, I will just have a cup of tea and then have breakfast later.</p> <p>R: OK, so the dog is back in, and you have used this time to take the cereal upstairs?</p> <p>P: Yeah, so back upstairs.</p>	<ul style="list-style-type: none"> Door for Garden located at the far end of Kitchen. Participant shows how he zig-zags across Kitchen to locate items for breakfast. Participant demonstrates how he would hold the cups of tea in one hand and cereal bowl in the other.

	<p>R: So, what is your wife doing at this point?</p> <p>P: In the Bathroom, getting herself ready.</p>	
03	<p>R: OK, so you bring it back in, do you get back into bed?</p> <p>P: Yes, we do, yeah.</p>	<ul style="list-style-type: none"> Stair gate remains open for easy access with items in hand.
04	<p>P: Then when she leaves, I would get myself another cup of tea and my iPad, then come back upstairs to bed and check e-mails, eBay and various bits.</p>	
05	<p>P: Then when she leaves, I would get myself another cup of tea and my iPad, then come back upstairs to bed and check e-mails, eBay and various bits.</p>	<ul style="list-style-type: none"> Chains on doors to stop dog getting into rooms. iPad located in Living Room, down arm of sofa.
06	<p>R: So, this is you then relaxing?</p> <p>P: Yes, it is yes.</p> <p>R: And how long would you spend in bed?</p> <p>P: It varies, probably till 08:30 to 09:00.</p>	
07	<p>R: OK, so you're dressed, so now do you go to the Bathroom?</p> <p>P: Actually, I would probably go to the Bathroom before I am dressed.</p> <p>R: OK.</p> <p>P: So, I would do my teeth and then jump in the shower and then come back (Bedroom) to get dressed.</p> <p>R: OK, so what time is it now would you say?</p> <p>P: Around 09:30.</p>	<ul style="list-style-type: none"> Daily products on display in Bathroom, male and female items.
08	<p>R: Then do you get dressed at that point?</p> <p>P: Yeah.</p> <p>R: And what sort of clothes do you wear?</p> <p>P: Just casual, unless I am going anywhere special otherwise it is just jeans, a T-shirt and a jumper if it is cold.</p> <p>R: When picking your casual clothes out are you bothered if the clothes match or not?</p> <p>P: No, they do not have to match, just whatever is on top of the pile.</p>	<ul style="list-style-type: none"> Pile of ironed clothes on the floor next to the wardrobe.
09	<p>P: Then I would go downstairs and get my breakfast and then think what I need to do for that day, most days I would go down to my daughters and look, after my grandson whilst she is at work.</p>	<ul style="list-style-type: none"> Participant shows how he would rinse wife's cereal bowl and re-use this for his own breakfast.
10	<p>R: OK, so does she go to work at that point then?</p> <p>P: Yeah.</p> <p>R: Is that your job then to look, after your grandson whilst your daughter is at work, so feed him and entertain him?</p> <p>P: Yes, that is right.</p> <p>R: What time would you go down there?</p>	<ul style="list-style-type: none"> Shows that he would turn on DAB radio on for the dog before leaving the house. Dog's bed located in Entrance Hall by front door.

	P: Normally, about 11:00 to 11:30.	
11	P: I would stay until she finished work and then collect my other grandson at about 15:15, then I would probably leave for around 16:00.	
12	<p>R: OK, so you arrive back home at 16:00, what is your plan from here?</p> <p>P: I would let the dog out for a wee and then think about what I am going to make for tea for when my wife gets home.</p> <p>R: OK, so thinking about dinner, is that pre-planned the night before or is it more looking in the cupboard and seeing what you have got?</p> <p>P: Some nights are pre-planned, it depends, we do not have a big meal every day so other days we have a snacky type of meal, in which case I do not pre-plan it. But if we are having a bigger meal then it would be more pre-planned, and I would have thought about it the night before.</p> <p>R: So it is just after 16:00?</p> <p>P: 16:30 probably.</p> <p>R: So, we are in the Kitchen; what time does your wife get back?</p> <p>P: It can vary between 17:00 and 18:00 really.</p> <p>R: So she gets back, and do you have a certain role?</p> <p>P: She normally goes straight upstairs and has a wash and gets changed; I do try and get the dinner ready for 18:00 as I do not know when she will be back, whether it is going to be 17:00 or 18:00. So yeah as she is upstairs, I am plating up ready for her to eat.</p> <p>R: Thinking about the dinner is that hard to plan, or is it easy and you know what to do?</p> <p>P: If it is planned the night before then it is easy to do, but if it is the spur of the moment it can be quite difficult most of the time, we do have snacky meals like beans on toast and then it is like a 00.02 minute job then.</p> <p>R: So, is this about time?</p> <p>P: Yeah.</p> <p>R: But other times meals can be more indulgent and bigger when you have the time to do it?</p> <p>P: I always have the time to do it, I make the time to do it.</p> <p>R: So, is that important to you then?</p> <p>P: The time?</p> <p>R: The food element and spending the time to have a nice meal.</p> <p>P: Yes.</p>	<ul style="list-style-type: none"> • Pantry full of multi-cultural foods including Indian curry sauces, Mexican meal kits and Italian pasta sauces. • AGA in the Kitchen. • Kettle, toaster and coffee machine on the side. • Family calendar on the wall. • Dog bowls near the rear door in the Kitchen.
13	<p>R: So, we are now ready to eat, do you eat in the Dining Room or the Living Room?</p> <p>P: Mostly in the Living Room, occasionally in the Dining Room, maybe if it was a plated roast dinner.</p>	<ul style="list-style-type: none"> • Participant shows seating arrangement for him and his wife.

<p>R: So, when sitting in the Living Room to eat do you have a certain seat to sit in?</p> <p>P: Yes, I always sit in the corner and then my wife sits in the opposite corner.</p> <p>R: Whilst you are eating are you having a chat or watching TV?</p> <p>P: Both, if we are watching a series then we would put an episode on whilst we are eating.</p> <p>R: OK, so is this then an opportunity for your wife to tell you about her day and vice versa?</p> <p>P: Yes, very much so. We talk about our days and what problems we have had, what interesting stuff we have done.</p> <p>R: So, this is more of a way to get it out rather than bottling it up?</p> <p>P: Yes, my wife will let off steam about the day she has had and the issues she has had, I tend not to get issues as I do not tend to run into situations where there are problems as much.</p> <p>R: OK, so I guess she would value the time to get all of those things off her mind?</p> <p>P: Yes, absolutely.</p> <p>R: Then after dinner, do you wash up straight away?</p> <p>P: We tend to wait till later on in.</p> <p>R: Is this a time issue?</p> <p>P: It is more so that my wife can have a rest once she has got back from work, now she just wants to sit back and relax and watch a bit of TV and do some of her hobbies which are needlecraft and sewing.</p> <p>R: Does she do that in here?</p> <p>P: Yes, she sits in her seat and uses that light to focus on what she is doing as it is quite detailed work she does.</p> <p>R: OK, so that is her time, as you are not in effect going to work, do you find that you still have to tidy up?</p> <p>P: No, we tend to do it between us.</p> <p>R: OK, so by this point you are washed up and do you carry on watching TV?</p> <p>P: Yeah in the winter, but in the summer, we potter in the garden and I would potter in the garage. But in the winter, she would carry on with her hobbies.</p> <p>R: So, when you say going to the garage, is that then your hobby?</p> <p>P: Yeah, I like to play with motorbikes, service and tinker with them.</p> <p>R: OK, is that an interest you have for you own interest or is it drive by selling and money making?</p>	<ul style="list-style-type: none"> • Various artefacts relating to them and their noted hobbies in these locations on the sofa. • Surround sound in Living Room, along with Sky Q and Blu-Ray DVD player.
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	P: Primarily it is driven by pure interest as that is my hobby and has been all my life, but sometimes I would buy a bike which I could then move on quickly and that is a bit of spending money then. But primarily I do it as I enjoy it as it is therapeutic for me.	
14	<p>R: So once this evening period is over, I presume it is getting on for bedtime, what time do you go to bed?</p> <p>P: We normally have a supper drink between 22:00 and 23:00 and go to bed between 23:00 and 00:00, we take the dog for a walk, not so much nowadays as he is getting too old as he does not appreciate a walk every day, but normally I walk him down the street for 100 yards or so.</p>	
15	<p>R: OK, and is there any reason you walk your dog at night time and not earlier?</p> <p>P: It gives him a leg stretch before he goes to bed, so he is less likely to get us out of bed then.</p> <p>R: So, being disturbed in the night?</p> <p>P: Yes, definitely. More for my wife as she is going to work.</p> <p>R: So, being disturbed in the night?</p> <p>P: Yes, he [household dog] used to wake us up in the night, as he wants to go to the loo, but now that we take him out for a walk before bed, this has really helped him and us get a better night's sleep.</p> <p>R: So, by being woken up is that something that you take the role of?</p> <p>P: Yes, I try to, as my wife can then have a solid night's sleep, and she has got to go to work in the morning, whereas it is not so bad for me as I do not have to rush around first thing, so I always listen out for him as I am tuned into him and I know if he is moving about before he comes and wakes us.</p> <p>R: OK, so the final thing I will ask is, by being woken up in the night, does that impact your routine if you were woken up does that impact you looking after your grandchildren?</p> <p>P: Not really, as it is only for a minute or two, unless he does it for 3 or 4 times in a night which he has done in the past, it can be a problem but once a night is not an issue.</p>	<ul style="list-style-type: none"> Participants' Bedroom floor is clear of clutter making an easy pathway to the door.