

Script for 'at home-talk' 2020, Anna Jalanski

um um oh sorry um yeah I wasn't sure what where what where where it was actually heading

how smoothly is the process working

Long term and we're still relatively early in to these weeks of home confinement

ah there's a lot going on

ah it sort of breaks you if you can't feel the sun on your face and and inhale some fresh air and and I think it's possible for people to become quite dispirited and demoralised in this circumstance

we we weren't planning on cancelling until at the moment with the way things are, were scared that it could end

slash (/) education to find out more

Is this being handled

I don't know about you but nature strips are full of stuff that people are chucking out also about being restricted to their homes and these have inevitable consequences for how individuals feel and function and how their relationships work and I think it's very important that we learn from people about their experiences so that we can inform recovery efforts, when those come about

Um I can use a walker I can use a disability scooter or two walking sticks or I can hold on to the furniture and that's about the limit of my abilities

I can go out in my the garden and work, I can do projects inside the house I can go call my friends I can go for a walk out in the sunshine

I can still go to the store and get food you know I can still talk to my friends like I say you know this is nothing like being in prison or being in war

they watched their mates being killed, they many of them starved to death and they came back with profound post-traumatic-stress-disorder, all of which is valid but that doesn't mean that people being stranded in their house for months and months on end are going to say how lucky are we and have no impact whatsoever

life in a lockdown

partly cloudy tonight and tomorrow

are you using technology differently because your so confined to your home

video chatting my use of that has gone up a whole lot

have got myself set up on the dining table and uh I'm zooming away

um look it was a bit of a steep learning curve at first I haven't done much online teaching but actually I feel like I'm settling into a bit of a new routine

I've felt a bit nervous about being close to people

But he is finding a way to use his time ah constructively and maintain links with others to the extent ah that he can

Look you're working from home and productivity hasn't fallen

if nothing else this stands as a lesson to others, really, that we need to be extraordinarily careful about this for ah probably the next few months

There is going to be an end to this and we will and it will be good in the end and I know its difficult when your in the middle of it, to to see that, and and for many people as I said will be going through a very difficult time but there there will be, if you can't see it, there there will be light at the end of the tunnel

ah however I'm running in to a brick wall myself

everybody is coping with the crisis in very different ways some people are sitting at home and baking other people are really struggling with you know childcare and balancing work commitments and um just like you were talking about before a lot of people are struggling

to come to terms with their loss of jobs so it's important to really keep an eye on all the people closest to us

I have a friend whose father is dying and she can't get to him

he's an elderly person obviously there is a state of lockdown and she's been told that she can't get to him

maybe you didn't get to really know them that well maybe you weren't catching up with your grandparents or your parents as often as you should have been and it's been a real reminder of the important role that older citizens play in our life

And it can never be re-captured you can't care for your father in the final years of his life, you can't perhaps be present at his funeral these are things that have already had a profound impact

You know we're so wired to hold somebody's hand to hold them to touch them on the shoulder of when if they are upset

You'd be pleased to know that I continue to shake hands and ah I think it's very important that we you know, people can obviously make up their own minds, yeah well he did and now he's been admitted to hospital

they were very very careful and as we walked out they offered us sanitizer for your hands and everything and yet we didn't even we hardly touched anything at all

In the longer term so new cultural behaviours, new ways in how we relate, we may start to privilege the importance of touch

a bit of a shock really because we weren't expecting it to be _ in your face

I've had a terrible time getting through but when I finally got through um I was speaking to I think the shutdowns are extremely exaggerated

I mean this is something that has never happened before or even in 100 years it's one of those situations where I think probably the the cost is worth the price I mean if it helps to stop people dying and

there's a huge range of opinions on that people say go further some people say we've gone too far, now ah in my notes here you said you had a TV recommendation, oh yes sorry

to hear people have been spitting at nurses and refusing to serve them coffee at places, I just felt I didn't know whether to cry or to be angry I just felt so sorry for them they're the front line soldiers in this war and people are treating them like that I was just staggered there's so much about it we don't know

They did say look in the case of an emergency if the hospitals require this as life threatening um they would send me the

hang on a sec, I'll take it off speaker, that's a great idea, can you hear me better, now? I can, yeah okay

Im talking to you who's still employed, listening to the lady who is still employed working from home but for those of us who are not getting any work and won't get any work until the crisis the restrictions ease, why wouldn't you do this

It's like the idea you have to give up a certain amount of freedom to have _ to get back another set of freedoms if like not more freedom

I think this is a very frank truth that um we we don't really have a choice about this plus the secret to understanding your chook's behaviour

yeah I mean I think for a lot a lot of us would be very hesitant

Again another really really important part I think one of the things we've seen coming out or coming in to this

just being able to see those different behaviours is giving people a glimpse

seeing what people have done already in a crisis situation our ability to adapt processes, produce what we need

and there has been lots of big decisions made relatively quickly

in these extremely abnormal circumstances you see behaviours that you can't

comprehend that makes no sense at all
this will be over
um we're going to really focus on that space
In kind of what seems like ridiculous scenarios
a lot of those changes don't change don't stay sticky for very long
a safety net for dealing for dealing with crisis so
so this is an activity that goes on behind the scenes every day of the week