

Trevor Davis

Interview

Interviewee- Fred age 66

1. Which of these two statements is most important to you?

- I want to live as long as possible regardless of the quality of life that I experience.
- I want to preserve a good quality of life even if this means that I may not live too long.

2. Do you feel you have full autonomy for decision making?

Once I explained what autonomy meant to Fred, he joked and said he “may have no autonomy.” “The ole ball and chain calls the shots”. In reality, Fred and his wife work as a team for all matters concerning the family. They each can do pretty much what they want outside of that because they trust each other. I asked, “what led to this level of trust?” Fred replied “43 happy years of marriage.”

3. How do you feel when people make decisions for you?

Fred doesn't mind when decisions are made for him. He is used to it since his wife and daughter tend to make a lot of decisions for him. Fred said, “I go with the flow. If they're happy, I'm usually happy.” The decisions his wife or daughter make are not usually major life-changing decisions, although he stated he “trusts them to make any decision they need to for him or about him.”

4. What do you see as important in your life?

Fred's wife along with their two children and two grandchildren are the most important thing in the world to him. He also said, “the St. Louis Cardinals and Nascar are a close second and third”.

5. What risks have you taken in the past that has affected your quality of life?

Fred took a risk when he asked JoAnn to be his wife. She said yes, and he said his quality of life improved. I think he was unsure how to answer the question and his wife was nearby. I asked if there were any risks he had taken in his life that may have affected his health or his comfort level? He replied, “When we found out we were having twins I thought I was going to have a heart attack”. I have never felt such worry and panic.” Fred picked up extra hours at the factory he was working at to help make ends meet. He considered this a risk since he was not able to spend as much time with his newborns. He said he had “never been so tired in my life than in those first few years.” He said, “all that stress has probably taken a few years off my life, but I wouldn't change a thing”.

I think Fred is a pretty happy guy. He clearly loves his family and claims he would not change a thing. He is retired and in the golden years of his life. He is able to do as he pleases due to the hard work he has put in his lifetime.