

## Example: My life plan worksheet

My life goals	How dementia/caring gets in the way	To-do strategies to overcome barriers
Go to Cardiff to visit my daughter	<ul style="list-style-type: none"> <li>• I'm worried about leaving dad alone at home</li> <li>• If dad comes with me, I am worried he might struggle with the long car journey and overnight stay</li> </ul>	<ul style="list-style-type: none"> <li>• Talk to my daughter about coming to visit</li> <li>• Ask my husband to come with us</li> <li>• Ask if my neighbour can help</li> <li>• Look into getting the train instead. Get prices for cheap rail tickets and look into a senior rail card</li> <li>• Make sure dad's home is safely set up for him</li> </ul>
Keep working	<ul style="list-style-type: none"> <li>• I am worried I will struggle to pay the bills if I work less hours or have to give up work</li> <li>• I am worried I won't be able to help dad enough if I am working full time</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Talk to my boss about helping dad</li> <li>• Check with the HR department if they have a flexible working scheme</li> <li>• See if I am eligible for any benefits as dad's carer</li> <li>•</li> </ul>
Keep dad from feeling lonely and relying on my company	<ul style="list-style-type: none"> <li>• I rarely have any time to myself</li> <li>• I need to make sure dad has other company</li> </ul>	<ul style="list-style-type: none"> <li>• Ask dad what he thinks about going to the local day centre once a week or asking someone to visit him</li> <li>• Take dad to the local dementia café</li> <li>• Ask other family to ring or call in to visit dad more often. He gets particularly lonely on a Sunday evening</li> <li>• Encourage dad to go and play dominoes at the club on a Tuesday with his old friends</li> </ul>

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<p><i>Write down 3 or more things that are important to you in your life, or your life goals.</i></p>	<p><i>Write down how dementia is a barrier or gets in the way of doing each of your goals. Try to be realistic and specific.</i></p>	<p><i>Use strategies from the website, think up strategies yourself, or talk to your friends, family, doctor or other health professional about ways to overcome each barrier.</i></p>