

Example: My life plan worksheet

My life goals	How dementia gets in the way	To-do strategies to overcome barriers
<p>I love cooking for my family</p>	<ul style="list-style-type: none"> • Now I need to look recipes up; before I could remember the quantities • It takes me much longer to cook • I find it hard to cook complicated recipes 	<ul style="list-style-type: none"> • Clear out kitchen cupboards and reorganise ingredients so they're easier to find • Go through my recipes and write out clearly the ones I want to bake • Ask the occupational therapist to provide advice on my cooking
<p>I like travelling</p>	<ul style="list-style-type: none"> • I'm not confident I can manage travelling alone • I might miss a connection or lose something important • I'm worried that jetlag might make my memory and concentration worse so I won't enjoy the trip 	<ul style="list-style-type: none"> • Look into travelling with a friend, or taking a small group tour • Consider wearing a sunflower lanyard to let others know I might need help • Allow a few days to recover from jetlag before key activities in the trip
<p>I want to sing in the choir at the Christmas concert</p>	<ul style="list-style-type: none"> • I find it hard to remember the words of new songs • If the choir members know I have dementia, they might treat me differently 	<ul style="list-style-type: none"> • Talk to choir leader about my dementia and whether I can have a song sheet • Ask a family member or friend from choir to practice with me • Talk with a friend from choir about my dementia and how they think the rest of the choir will react

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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>