

## **Activity: Planning for the future**

Losing the ability to work and drive can be devastating for a person with dementia. A care worker can provide emotional and practical support to help someone overcome these difficulties.

This exercise is designed to help you understand how it would feel if it happened to you.

Imagine you were told that, from tomorrow, you could no longer work or drive. Think about the impact on your life.

Write down:

- how this would make you feel
- how you might react to people close to you
- the effect it would have on your lifestyle, ability to shop, to meet friends and maintain hobbies and pastimes
- the changes you would need to make to your life
- the effect on your financial situation
- the impact on your living arrangements
- how it would affect your friends
- what you would do to overcome these difficulties
- how you would like to be helped.

### **Trainer's notes**

Often the best way for a care worker to understand how a person with dementia might feel about major life changes is to imagine being in the same position – to 'walk in that person's shoes'. Encourage care workers to explore their feelings and look for solutions that might help. Ask them to think about how they might accept help. This will be an invaluable insight when they offer support to others.