

Example 'My life My Way' worksheet

My life goals	How dementia gets in the way	To-do strategies to overcome barriers
I love cooking for my family	<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 reorganize ingredients so they're easier to find • Go through my recipes and write out clearly the ones I want to bake • Have an occupational therapist provide advice on my cooking
I like travelling	<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 • Allow a few days to recover from jetlag before key activities in the trip
I want to sing in the choir at the Christmas concert	<ul style="list-style-type: none"> • I find it hard to memorize the words of new songs • If the choir members knew 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