

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

## 'My Life My Way' worksheet

My goals	Things that get in the way	To-do strategies to overcome barriers
<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, your own strategies, or talk to your friends, family, doctor or other health care providers about ways to overcome each barrier.</i></p>