

Things you would like to do

Difficulties in remembering and thinking can impact on daily life in various ways. There are different things that people may want to change to make their lives more enjoyable.

We would like to invite you to come up with some goals that you would like to achieve. A goal might be something that you currently find difficult to do and wish you could do more easily, or do without getting frustrated. It might be something that you are currently not doing and would like to do more of, or it might be something that you would like to learn how to do.

Here are some goals that other people wanted to achieve:

- ❖ I would like to go to the shop on my own to buy the newspaper.
- ❖ I would like to know the date without asking my husband.
- ❖ I would like to know the time of appointments or events that are happening on a particular day.
- ❖ I would like to organise my loose photographs into albums.
- ❖ I would like to learn how to use a mobile phone to phone my wife when we are out if we become separated.
- ❖ I would like to talk more confidently with my friends and family.

The questions overleaf may help you to think about what you would like to change.

Think about your day-to-day routine

- What do you find difficult to do around the home because of problems with memory or thinking?



- What would you like to start doing, or learn how to do, in your day-to-day life?

Think about your pastimes and leisure activities

- How do memory or thinking problems affect your enjoyment of doing your pastimes and leisure activities?



- What pastimes or leisure activities would you like to do more of, or start doing?

Think about your friends and family

- How do memory or thinking problems affect your ability to talk to and spend time with friends and family members?



- What changes would you like to make so that you can enjoy talking and spending time with people more?
