

Things you would like to do

We ask everyone taking part in the study to come up with several goals that they would like to achieve. A goal might be something that you currently find difficult to do and wish you could do more easily, or without getting frustrated. Or a goal 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.

Our clinician will work with you on defining these goals at your first assessment; however, in order to facilitate this, we would like you to take some time before your appointment to think about whether there are some areas or activities in your life that you would like to improve or change, and whether we can create some specific goals around this.

A goal can be:

- **something that you currently find difficult to do and would like to do more easily; or**
- **something that you are currently not doing or would like to do more of; or**
- **something that you would like to learn how to do.**

Here are some examples:

- ❖ I would like to be able to remember appointments or events that are happening on a particular day.
- ❖ I would like to more easily remember where I have placed important items.
- ❖ I would like to be better at remembering the names of people I've met.
- ❖ I would like to exercise more frequently.
- ❖ I would like to improve my sleep.
- ❖ I would like to learn how to use a new computer program.
- ❖ I would like to host a dinner party again.
- ❖ I would like to plan a trip to Queensland.

To get you started, please see the brief questions over the page. They may help you to identify some broader goals, which we can then discuss further during your assessment.

Please bring this sheet with you to your first appointment.

Think about your day-to-day routine

What do you find difficult to do around the house because of memory or other cognitive problems?

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

Think about the activities you enjoy

How do memory or other cognitive problems impact on your ability to enjoy your usual activities?

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

Think about your friends and family

How do memory or other cognitive problems impact on your ability to communicate with, or relate to, friends and family members?

What changes would you like to make that might help you to communicate better or more frequently, or help you to enjoy spending time with family or friends more?

Don't forget to bring this sheet to your baseline assessment!