Dementia Caregiver Re-Entry Conversation Topics

Many topics below overlap multiple life areas

Now - Who am I? What is my value and purpose? How do I reconnect?

1. Personal Identity
   --- Loss of a long-term partner
   --- Loss of emotional, physical intimacy
   --- Empty house
   --- Cooking for one
   --- Releasing loved one’s possessions
   --- Getting rid of stuff – downsizing
   --- Redecorating home to make it yours
   --- Loneliness at night, bedtime, after family gatherings
   --- Holiday decorating, traditions, entertaining
   --- Not being a burden to family, friends
   --- Why people are uncomfortable asking for help
   --- Ask for help when you recognize you need it
   --- How to reach out when your partner was the social director
   --- How to have a life of your own again
   --- Dating – how to meet people
   --- Travel/Vacation - alone or with someone else
   --- Living a solo life vs in a relationship
   --- companionship
   --- Restructuring friendships and family relationships
   --- Faith community
   --- Finances
   --- Housing/ Home maintenance
   --- Expectations of social integration – other men’s or women’s, singles group
   --- Grief expectations - is there a normal way?
   --- Honoring loved ones near or after holidays, anniversaries or birthdays
   --- Volunteering

2. Retirement
   --- Loss of a long-term partner
   --- How to have a life of your own again
   --- Dating – how to meet people
   --- Travel/Vacation - alone or with someone else
   --- Living a solo life vs in a relationship
   --- Finances
   --- Legal matters
   --- Volunteering

3. Finances
   --- Loss of a long-term partner
   --- Empty house
   --- Not being a burden to family, friends
   --- Why people are uncomfortable asking for help
   --- Ask for help when you recognize you need it
   --- Living a solo life vs in a relationship
   --- Legal matters
   --- Housing/ Home maintenance

4. Health
   --- Loss of a long-term partner
   --- Loss of emotional, physical intimacy
   --- Empty house
   --- Cooking for one
   --- Travel/Vacation - alone or with someone else
   --- Living a solo life vs in a relationship
   --- companionship
   --- Finances
   --- Legal matters
   --- Grief expectations - is there a normal way?

5. Housing
   --- Releasing loved one’s possessions
   --- Loss of a long-term partner
   --- Empty house
   --- Getting rid of stuff – downsizing
   --- Redecorating home to make it yours
   --- Loneliness at night, bedtime, after family gatherings
   --- Ask for help when you recognize you need it
   --- Aging & illness
   --- Grief expectations - is there a normal way?
   --- Living a solo life vs in a relationship
   --- companionship
   --- Finances
   --- Legal matters
   --- Accessing housing alternatives

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6. Grief
--- Loss of a long-term partner
--- Loss of emotional, physical intimacy
--- Empty house
--- Releasing loved one’s possessions
--- Redecorating home to make it yours
--- Loneliness at night, bedtime, after family gatherings
--- Holiday decorating, traditions, entertaining
--- Not being a burden to family, friends
--- Why people are uncomfortable asking for help
--- Ask for help when you recognize you need it
--- How to reach out when your partner was the social director
--- How to have a life of your own again
--- Dating – how to meet people
--- Living a solo life vs in a relationship
--- Companionship
--- How to reach out when your partner was the social director
--- Restructuring friendships and family relationships
--- Travel/Vacation - alone or with someone else
--- Faith community
--- Legal matters
--- Expectations of social integration
  – other men’s or women’s singles group
--- Grief expectations - is there a normal way?
--- Honoring loved ones near or after holidays, anniversaries or birthdays

7. Relationships – Family and Friends
--- Loss of a long-term partner
--- Loss of emotional, physical intimacy
--- Empty house
--- Cooking for one
--- Housing/ Home maintenance
--- Loneliness at night, bedtime, after family gatherings
--- Living a solo life vs in a relationship
--- Holiday decorating, traditions, entertaining
--- Not being a burden to family, friends
--- Why people are uncomfortable asking for help
--- Ask for help when you recognize you need it
--- How to have a life of your own again
--- Dating – how to meet people
--- Companionship
--- Restructuring friendships and family relationships
--- Travel/Vacation - alone or with someone else
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--- Legal matters
--- Expectations of social integration
  – other men’s or women’s singles group
--- Grief expectations - is there a normal way?
--- Honoring loved ones near or after holidays, anniversaries or birthdays

8. Holidays and Family Gatherings
--- Loss of a long-term partner
--- Empty house
--- Cooking for one
--- Loneliness at night, bedtime, after family gatherings
--- Holiday decorating, traditions, entertaining
--- Not being a burden to family, friends
--- Ask for help when you recognize you need it
--- How to reach out when your partner was the social director
--- Living a solo life vs in a relationship
--- Companionship
--- Restructuring friendships and family relationships
--- Faith community
--- Legal matters
--- Expectations of social integration
  – other men’s or women’s singles group
--- Grief expectations - is there a normal way?
--- Honoring loved ones near or after holidays, anniversaries or birthdays

9. Positive Outcomes
--- Personal growth
--- Gratitude
--- New relationships
--- Recognize when you need help
--- Learning to ask for help
--- It is okay to say No
--- Share life stories
--- Laughter

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