

01

Look after your own needs

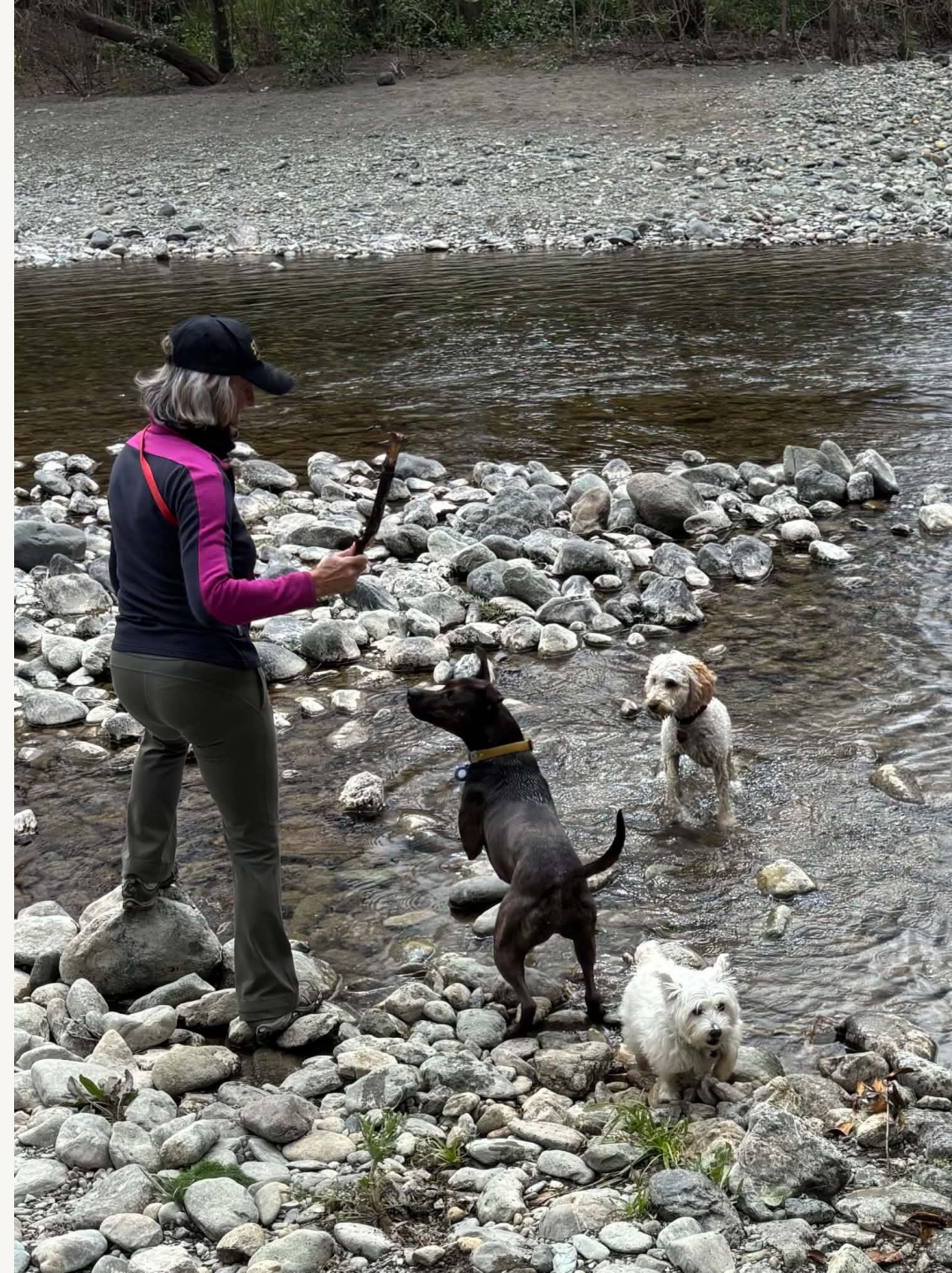
Make space every day for what restores your energy.



02

Plan together and ask for help

Finances, banking, legal arrangements and care plans.



03

Communicate about difficult things

Explain, listen and agree on a way forward where possible.



04

Learn new skills

Take on new tasks. Reach out to friends and family.



05

Keep doing what gives life meaning

Share the small rituals and make new memories together.



06

Make everyday life easier

Use simple systems, and let the small things go.

