

Personal Inventory

Discovering your why



These questions are aimed to help you process and decide which type of program is the best fit for you. Be honest with yourself.

1 Am I actively providing care for someone? If so, do I have margin for something else?

2 What do I hope to accomplish?

3 Do I have experience interacting with people living with changes in memory and thinking?

4 Do I feel comfortable leading discussions with people experiencing memory changes?

5 When someone is no longer appropriate for group, would I feel comfortable telling families?
