

# 11 Obstacles to Participating in Meaningful Leisure Experiences

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## Personal Challenges

- 1. Cognitive Changes** related to the disease process, such as: changes in memory and concentration, difficulty planning activities, understanding instructions, and perceptual difficulties.
  - 2. Physical Changes**, such as fatigue and declining energy levels.
  - 3. Motivation** to participate in valued activities can be an overwhelming challenge.
  - 4. Emotional Responses**, such as a lack of confidence, a fear of being judged, anxiety, difficulty controlling emotions, and frustration with not being able to keep with up to others.
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## Social Challenges

- 5. Isolation** from big crowds to avoid feeling overwhelmed, and avoiding multiple conversations, loud music and excessive room noises can help to prevent our minds from spinning. Friends may also withdraw and contribute to isolation.
  - 6. Lack of Support** from those people who are able to support us in the way that we need. And sometimes it comes from not being willing to accept help and not feeling like a burden.
  - 7. Changes in Relationships** after a dementia diagnosis are often made drastically before we have time to work on them together - we are led by our panic and anxiety.
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## System and Society Challenges

- 8. Lack of Accessible and Affordable Transportation** in communities can make transportation difficult and expensive.
- 9. Stigma and Misunderstanding** can be devastating. This is a disease. It's not us personally; it's the disease that is causing us to forget.
- 10. Being Silenced** can be frustrating and, over time, leads to feelings of helplessness.
- 11. Lack of Meaningful Opportunities** that interest or challenge us, and are not demeaning.