

Questions for Reflection

- 1 What traits of characteristics do you have that will be an asset to you in your role as a care partner?

- 2 What traits or characteristics do you need to develop or work on?

- 3 List the supports (professional services and/or family and friends) you plan to use in the **next 6 months** for the well being of you and your family member with dementia.

- 4 List the supports (professional services and/or family and friends) you plan to use over **the long term** to help you and your family member with dementia as the illness progresses.
