

# Your Navigational Guide to Your Aging Loved One's Best Life

Like a pilot's navigational instruments that guide him, you and your aging loved one can build your own guide by answering the question "What do you want for them?" when it comes to each of these 8 areas.

## Directions:

Use the circle tool below. Think about your aging loved one in relation to each category. Ask the question "What do I want for my aging loved one?" and note it in the corresponding box. Use the answers to keep an eye on the bigger picture as you and your aging loved one navigate this stage of life journey together.

*Tips: Don't over think it or narrow your answers so tightly that they are ridged. Consider the current circumstances of overall care and support and do this exercise with your aging loved one or by yourself.*

What I really want for my loved one is...

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What I really want for my loved one is...

What I really want for my loved one is...

What I really want for my loved one is...

What I really want for my loved one is...

What I really want for my loved one is...

What I really want for my loved one is...

Health

Comfort

Individuality

Safety

Community

Activities

Fulfilment

Engagement



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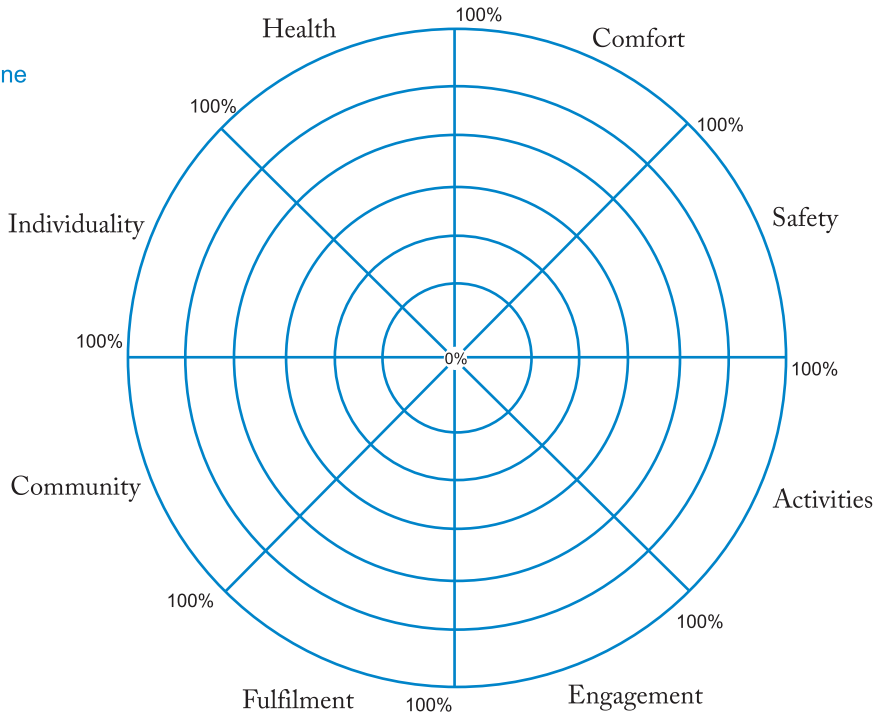
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# 8 Areas of Life Snapshot

Use the circle below and color in from the center outwards to measure (intuitively) how *YOUR AGING LOVED ONE* is feeling over all, when it comes to each category. Use the bottom circle to measure how *YOU* are feeling overall. Identify which area(s) need more attention to support their best life and support yours. Repeat as needed.

Date:

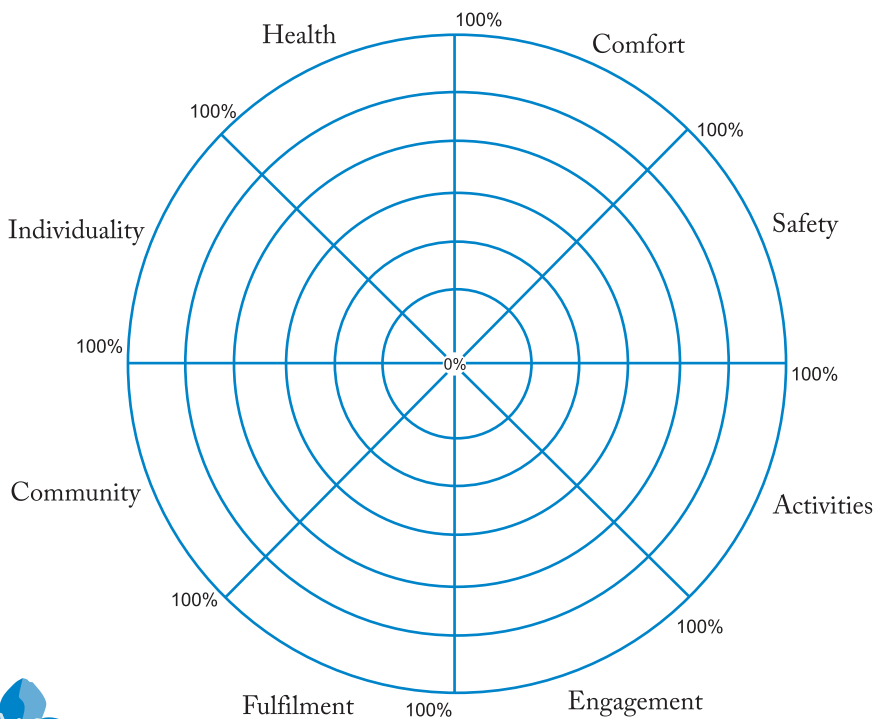
My Loved One



Observations

Date:

Me



Observations



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