

# Dementia Caregiver Re-Entry Conversation Topics

Many topics below overlap multiple life areas

## Now - Who am I? What is my value and purpose? How do I reconnect?

### 1. Personal Identity

- Loss of a long-term partner
- Loss of emotional, physical intimacy
- Empty house
- Cooking for one
- Releasing loved one's possessions
- Getting rid of stuff – downsizing
- Redecorating home to make it yours
- Loneliness at night, bedtime, after family gatherings
- Holiday decorating, traditions, entertaining
- Not being a burden to family, friends
- Why people are uncomfortable asking for help
- Ask for help when you recognize you need it
- How to reach out when your partner was the social director
- How to have a life of your own again
- Dating – how to meet people
- Travel/Vacation - alone or with someone else
- Living a solo life vs in a relationship
- companionship
- Restructuring friendships and family relationships
- Faith community
- Finances
- Housing/ Home maintenance
- Expectations of social integration – other men's or women's, singles group
- Grief expectations - is there a normal way?
- Honoring loved ones near or after holidays, anniversaries or birthdays
- Volunteering

### 2. Retirement

- Loss of a long-term partner
- How to have a life of your own again
- Dating – how to meet people
- Travel/Vacation - alone or with someone else
- Living a solo life vs in a relationship
- Finances
- Legal matters
- Volunteering

### 3. Finances

- Loss of a long-term partner
- Empty house
- Not being a burden to family, friends
- Why people are uncomfortable asking for help
- Ask for help when you recognize you need it
- Living a solo life vs in a relationship
- Legal matters
- Housing/ Home maintenance

### 4. Health

- Loss of a long-term partner
- Loss of emotional, physical intimacy
- Empty house
- Cooking for one
- Loneliness at night, bedtime, after family gatherings
- Ask for help when you recognize you need it
- Aging & illness
- Grief expectations - is there a normal way?

### 5. Housing

- Releasing loved one's possessions
- Loss of a long-term partner
- Empty house
- Getting rid of stuff – downsizing
- Redecorating home to make it yours
- Loneliness at night, bedtime, after family gatherings
- Not being a burden to family, friends
- Living a solo life vs in a relationship
- companionship
- Finances
- Legal matters
- Accessing housing alternatives

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## **Now - Who am I? What is my value and purpose? How do I reconnect?**

### **6. Grief**

- Loss of a long-term partner
- Loss of emotional, physical intimacy
- Empty house
- Releasing loved one's possessions
- Redecorating home to make it yours
- Loneliness at night, bedtime, after family gatherings
- Holiday decorating, traditions, entertaining
- Not being a burden to family, friends
- Why people are uncomfortable asking for help
- Ask for help when you recognize you need it
- How to reach out when your partner was the social director
- How to have a life of your own again
- Dating – how to meet people
- Living a solo life vs in a relationship
- Companionship
- Restructuring friendships and family relationships
- Travel/Vacation - alone or with someone else
- Faith community
- Finances
- Legal matters
- Expectations of social integration
  - other men's or women's singles group
- Grief expectations - is there a normal way?
- Honoring loved ones near or after holidays, anniversaries or birthdays

### **7. Relationships – Family and Friends**

- Loss of a long-term partner
- Loss of emotional, physical intimacy
- Empty house
- Cooking for one
- Housing/ Home maintenance
- Loneliness at night, bedtime, after family gatherings
- Living a solo life vs in a relationship
- Holiday decorating, traditions, entertaining
- Not being a burden to family, friends
- Why people are uncomfortable asking for help
- Ask for help when you recognize you need it
- How to have a life of your own again
- Dating – how to meet people

- Companionship
- How to reach out when your partner was the social director
- Restructuring friendships and family relationships
- Travel/Vacation - alone or with someone else
- Faith community
- Legal matters
- Expectations of social integration
  - other men's or women's singles group
- Grief expectations - is there a normal way?
- Honoring loved ones near or after holidays, anniversaries or birthdays

### **8. Holidays and Family Gatherings**

- Loss of a long-term partner
- Empty house
- Cooking for one
- Loneliness at night, bedtime, after family gatherings
- Holiday decorating, traditions, entertaining
- Not being a burden to family, friends
- Ask for help when you recognize you need it
- How to reach out when your partner was the social director
- Living a solo life vs in a relationship
- companionship
- Restructuring friendships and family relationships
- Faith community
- Expectations of social integration
  - other men's or women's, singles group
- Grief expectations - is there a normal way?
- Honoring loved ones near or after holidays, anniversaries or birthdays

### **9. Positive Outcomes**

- Personal growth
- Gratitude
- New relationships
- Recognize when you need help
- Learning to ask for help
- It is okay to say No
- Share life stories
- Laughter

#### **Contacts:**

Lori La Bey, 651-748-4717, [lori@alzheimersspeaks.com](mailto:lori@alzheimersspeaks.com)  
Warren Wolfe, 612-791-5316, [warren.wolfe11@gmail.com](mailto:warren.wolfe11@gmail.com)

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