



myfolks RoadMAP *KEY*



Before Starting the Journey.
You wouldn't set off on a long car journey without some planning - you'd make sure the car was well maintained, you might add a roof box, it would be fuelled, you might get some snacks and plan the route.

Preparing for care is much the same, yet people often think they will wait until the journey has started before making the financial, legal and practical preparations. That leads to a sub-optimal journey.



Go
Maintaining direction is really important - keeping up interests and social connection is really important for physical and mental health.



Hazards
Watch out for dangers. Whereas there can be unexpected external risks on a road journey, these can appear in an aging journey too - for example, online and in-person scammers.



Traffic Reports
Listening to reports from others can help with your own navigation. Groups such as The Carers Room can help you benefit from the experiences of those already on the journey.



Stop Sign
You are obliged to stop at this sign on the road. If you are responsible for caring for an elderly relative, you will need to obey the stop signs too. You really have to find ways to stop and take a breather.



Emergency Services
We often see the emergency services heading to the scene of an accident on the road. If they have been called to an elderly person, it is good to know, in advance, what help would be welcome and what is a step too far.



Road Ends
There is always an end to the road on a journey. The same is true with end of life. It is certain that we will all die. Having done everything to live well, it is important to manage death too. Much better to communicate your wishes in advance, it is a kindness to those remaining.



Traffic Lights
The aging journey doesn't proceed at a steady speed. Sometimes, you're moving along positively at a good average speed and then, unexpectedly, the pace is affected.



Consult the Map
Make sure you're still on the right road. Have regular reviews of the journey to see if you need to make any updates. You have to have a plan of the route you intend to take, but then be prepared to make adjustments to suit the specifics of the journey as they may arise.



Car Crash
Sometimes a car can collide with those close to it. The same can often happen in the caring journey. There can be bruising contact between those caring and the cared for or between siblings who are caring or with other family members.



Road Sweeper
Our roads must be maintained for safety - so must the environments of those living with in the later stages of life. This can be quite invisible as it is behind closed doors. Caret you are living it, it can be difficult to comprehend the mess and insidious conditions that can be caused by clinical waste such as dressings, and by incontinence.

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Myfolks is ready to make this journey with you. Even if you'd just like more details on the road ahead, please get in touch.

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