

# DISCUSSION GUIDE – Why plan for the future?

- Share a specific wish you want to ensure people around you know e.g. If going into a care facility do you want them to have pets, speak your mother tongue, offer swimming, gardening or another activity?
- What are you concerned might happen e.g. not being able to stay in the area they have lived in a long time, not being able to cook
- How can planning ahead offer peace of mind?