

**Would you be prepared to do this :-**

We all have our own preferences and routines. This activity asks you to think about activities you would be **unlikely** to do and the reasons why.

Activity you are unlikely to do	Tick	Why?
Go to bed at 9pm.		
Sit on a public toilet seat		
Have a bath in the morning.		
Wear pyjamas in bed.		
Accompany a stranger who says 'come with me'.		
Eat meat.		
Go to the toilet without needing to - because you've been told to go.		
Have your face washed by somebody else		
Take a tablet without knowing what it's for.		
Let an acquaintance see you in the nude.		

Could someone with dementia feel the same way as you?