Person-centred timeline tool

This tool enables you to talk to someone with dementia about the future in whatever way is helpful to them, and to start to plot how things will change and what they want to happen.

**Me now**

How dementia affects me

What is important to me

**The near future – as things change a bit**

How dementia will affect me

What will be important to me

**The far future**

How dementia will affect me

What will be important to me

**The medium future – as things change a lot**

How dementia will affect me

What will be important to me