

INSTRUCTIONS: You must download and save this interactive PDF locally before you fill it out. Re-open the saved version using Acrobat Reader and add your comments.

Unit 1: Understanding mental health

Activity 1

1. List the ways Pedro and Linda's physical and emotional well-being is affected by caring for their parents
2. What affect has this had on their careers?
3. How do you think the parent/child relationship has changed for Pedro and Linda?

Write your ideas below.

Activity 2

Write down the things that matter to you and how you would want to be treated or cared for.

Then list things that others should bear in mind to avoid upsetting a person with dementia.

Write your ideas below.