

Lightening the load

How am I going to get there and back?	
Make arrangements well in advance. Could you ask a friend for a lift? Do you have a favourite taxi company? Always take a note of where you are going in case you need to ask for directions.	
What if I can't answer questions and lose track of conversation?	
Have some phrases you have prepared earlier. Would having a friend with you to help in the conversation. Having a pen and paper with you can be useful. Don't be afraid to ask someone to repeat or slow down.	
Will I manage my lunch?	
Can you check the menu in advance? Why don't you take preferred utensils with you if they help? Take some wipes if you are worried about making a mess. Ask for a half portion if you have a small appetite.	
Where is the nearest toilet?	
Ask as soon as you arrive at your venue. Choose a seat that is easy to get out of and is closer to the bathroom. Always have a change of anything you might need handy.	
What if I forget the names of my grandchildren?	
Why don't you carry a set of pictures? This could be on your phone, tablet or in a small album. If you use conversation support books, take them with you.	
What if I get emotional?	
Have some phrases handy to excuse yourself. If this is likely to happen do you think you could explain to people before hand? Take tissues!	
Will I get too tired?	
Try to plan your week around important activities. For example have a quiet day before you go out and don't over stretch yourself after. Pace yourself – go for a short time at first.	