

Exercise 3.7. Reducing my expenses



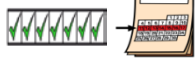


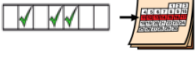

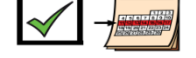


The 3 following activities aim to identify what the current needs/expenses are, and what new needs/expenses may appear as people get older. It is also necessary to know what expenses can be reduced to be able to cope with the new ones that may arise as one gets older.

Activity 1. Prioritizing my needs.

We will provide AAWID with a pencil and a sheet of paper to write down their current needs. You can use images and cards with pictograms, you can make a list with all the participants where each one of them chooses the options that suit their needs, etc.

You can give examples (shopping for clothes, going to the movies, travelling, meals, magazines, books...).

Once everyone has written a list of needs, they should decide which items are very necessary, somewhat necessary or not necessary for them. They will also need to write how frequently they have those expenses/need to carry out those activities. A template for the activity is provided, but you can use any other support material that helps you understand the relevance of each need/expense.

Activity	I like it 	I really need it 	I buy it/do it... Every day 
	I do not like it 	I need it a bit 	2-3 days per week 
		I do not need it 	Once a week 
			2 – 3 times per month 
			Once a month 

Once current needs/expenses have been identified, we will invite them to make a list of the needs/expenses that they will have as they age.

We will provide them with the following template so that they can write down the new needs/expenses that may appear in the future, as well as the frequency of these needs.

ACTIVITIES	Every day	Once a week	Once a month	Once every 3 – 6 months	Once a year
Going to the dentist					
Going to the eye doctor					
Buying medicines					
Going to the physical therapist					
Going to the otologist					
Paying the person helping me					
Paying for a residence					
Buying special hygiene products					
Buying special food					
Paying someone to clean the house/cook my meals.					

(We are providing some examples on the template, but others can be used, and they can be different for each participant)

Activity 2. Raising awareness about my expenses.

First, we will invite participants to answer some questions to raise awareness of their expenses and see if we can reduce them in some aspects, if little or a lot is spent, etc.

These are some of the questions that can be asked:

- How much money do you spend? Is it a lot? Is it very little?
- Can you spend less money? How?



In order to better understand the concepts of spending a lot and spending very little, and how to reduce expenses, we will talk about the previous cases and open a debate. We will write their ideas so that we can use them afterwards.

Case 1: Do you remember our friend **MARIA**?



Maria can spend up to 15 Euros per week.
She normally spends 11 Euros per week.

- **Should Maria spend less money? Why?**
- **Does Maria save money every week?**

Case 2: Do you remember our friend **GEORGE**?



George can spend up to 20 Euros per week.
He normally spends 23,80 Euros per week.

- **Could George spend less money? Why?**
- **Does George save money every week?**

Case 3: Do you remember our friend **DIANA**?



After paying for all her fixed expenses, Diana had 140 Euros available this month for her things.
Diana has spent 153 Euros this month.

- **Should Diana spend less money? Why?**
- **Can Diana save any money this month?**

Note: We should have the description of the cases at hand to be able to remember where each of them spent their money and be able to give options as to where they could save and spend less. It is important to be clear about the importance of saving for the future.

Activity 3. Defining actions leading to save.

We will provide each of the participants with a chart with different actions. Some of them will allow saving money, and others will lead us to have debts. In this activity, each participant will indicate whether they consider that the action helps to save or to generate debt. Once everyone has answered, we can share and open a debate.

SENTENCE	SAVING	DEBT
I have a coffee at a coffee shop every day. When I do not have the money, I still get it and tell waiters I will pay in the future.		
They give me 15 Euros for my expenses every week. If I do not spend everything, I save it in the piggy bank I have in my room.		
Whenever I want to buy something that costs a lot of money, I ask my parents/tutors for it because I never have the money.		
I buy new clothes or shoes whenever I want them, without considering whether I have enough money for them.		
Whenever I want to go somewhere or buy something that costs a lot of money, I always have savings from my weekly/monthly pay, so I do not have to ask anyone for it.		
Before buying something, I always consider whether I really need it, or whether it can wait.		
I buy everything I like and I never have any money left from my weekly/monthly pay.		
I buy very cheap things, and then I never use them.		
I always save some money from my weekly/monthly pay.		

You can also use cards to indicate whether the action leads to saving or to debt. The activity would then be carried out as a group.



We will end the activities by asking what things each of them does to save. All the actions will be captured on a board to be able to assess whether the actions are appropriate or not to save money.

Some examples of actions to save money include:

- Buying clothes and shoes when they are cheaper (sales).
- Buying clothes and shoes when I need them.
- Saving some money from my weekly/monthly income.
- Using my mobile phone only when it is needed.
- Making a list before going to the supermarket.
- Not buying anything from people who come to my house selling things.
- Reflecting on whether I need something before buying it.
- Writing down everything I spend to know how much money I have left.