

## Exercise 5.5. Open debate about psychosocial changes

The educator proposes an open debate about the psychosocial changes that might happen when you get older (loneliness, depression, being active in society and death of relatives) with the objective of AAWID can express the possible solutions and the tools they can use to get over these problems.

The following questions and pictures might be a support for this exercise.

- Do you feel that your social and emotional functioning is changing with age? can you find situations in which you are now happier than before?
- Are now your social roles/activities (friends, relationships, family...) different? Do you have less or more social activity? Can you describe positive emotions experienced when you are with friends or relatives (social interaction)?
- Would you like to have more social interactions? what can we do to offer you meaningful social interaction experiences?

**Note:** in this exercise there are no right or wrong answers. Not everybody goes through negative psychological changes. AAWID must be able to speak openly about their thoughts and feelings.

