

Exercise 7.3. My plan to keep in touch or reconnect with family and friends?



This exercise is designed to support AAWID in thinking about alternative ways to keep in touch or to reconnect with family and friends.

This exercise consists of a single activity and builds upon the activities in exercise 7.1 and 7.2.

In exercise 7.1 - annex 2, the participants had to make a collage about family and friends that have been important to them during their life. They also had to show with whom they wished to connect or reconnect.

Ask the participants to look at the collage again. Let them count the number of persons they wish to re-connect with. For each of these persons they will have to complete annex 1 (next page).

If there are too many persons, ask them to prioritise and start with the first 3 persons.

Annex 1 (next page) can be used to make up a plan. Unit 10 can prepare them to use social media and/or electronic devices.

UNIT 7 – Exercise 3 –ANNEX 1

Name of person you wish to (re-)connect with:

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Type of relationship you have with this person: 

- Family member
- Friend
- Colleague
- Old Acquaintance
- Support worker
- Old neighbour
- Other:

How often do you wish to see this person?

- Weekly
- Monthly
- Yearly

If your answer is weekly, how many days you wish to have contact with this person? (colour the days)


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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If your **answer is monthly**, how many times each month would you like to see or hear him/her? (colour how many days)



If your **answer was yearly**, how many times per year would you like to see him/her?



Select devices you are able to use to get into contact with people. 

Computer/notebook



Telephone



Tablet








Smartphone








Letter









Select devices you would like to use to get into contact with this person.

Computer/notebook	
Telephone	
Tablet	
Smartphone	
Letter	

How can you communicate now? 

Email 
Letter 
SMS/Text 
Facebook 
WhatsApp 
Face-time/video-chat 
Telephone 

How would you like to communicate with this person? 

Email 
Letter 
SMS/Text 
Facebook 
WhatsApp 
Face-time/video-chat 
Telephone 