

Journeying through Dementia: Individual Session checklist for Facilitators

Date of session	
Facilitator initials	
Site	
Participant ID number and initials	

Whilst thinking about the session you have just finished, can you please answer the following questions. It doesn't matter if you have not done something on the checklist during a particular session, we do not expect you to cover everything at every session.

Questions	
1. Did you explain the importance and purpose of the individual session?	Yes <input type="checkbox"/> No <input type="checkbox"/>
2. Did you feel that you have established or built on the participant/facilitator relationship? E.g. mutual regard and trust	Yes <input type="checkbox"/> No <input type="checkbox"/>
3. Did the participant have an opportunity to voice any worries, fears or concerns?	Yes <input type="checkbox"/> No <input type="checkbox"/>
4. Did you explore any issues or goals of importance to the participant?	Yes <input type="checkbox"/> No <input type="checkbox"/>
5. Did you help the participant set any goals?	Yes <input type="checkbox"/> No <input type="checkbox"/>
6. Did you talk to the participant about managing change in a positive way?	Yes <input type="checkbox"/> No <input type="checkbox"/>
7. Did you enable the participant the opportunity to explore ideas and topics	Yes <input type="checkbox"/> No <input type="checkbox"/>
8. Did you enable the participant to rehearse skills learned in their everyday life?	Yes <input type="checkbox"/> No <input type="checkbox"/>
9. Did you explore the participant's relationships with family and friends?	Yes <input type="checkbox"/> No <input type="checkbox"/>
10. Did you reflect on the group meetings and the participants understanding of what had been covered?	Yes <input type="checkbox"/> No <input type="checkbox"/>