Case study three: 
Tool 1 - Carer life transitions

You can use this tool to consider a transition point in someone’s life.

<table>
<thead>
<tr>
<th>Where are you now?</th>
<th>Where are you going?</th>
<th>What is the reason for the journey?</th>
<th>What are you taking with you?</th>
<th>What else do you need?</th>
</tr>
</thead>
</table>

This tool is based on Transitions’ extract from Lynne Wealleans (2013) A Life Course Approach to Promoting Positive Ageing. Beth Johnson Foundation

The life course model outlined in this report comprises five core elements; place, transitions, catalyst for change, personal resilience and control and enhancing future life choices.