



Case study three:

Tool 1 - Carer life transitions

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

Where are you now?	Where are you going?	What is the reason for the journey?	What are you taking with you?	What else do you need?

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.