### How am I going to get there and back?

Make arrangements well in advance. Could you ask a friend for a lift? Do you have a favourite taxi company? Always take a note of where you are going in case you need to ask for directions.

![Car](http://www.selfhelp4stroke.org)

### What if I can’t answer questions and lose track of conversation?

Have some phrases you have prepared earlier. Would having a friend with you to help in the conversation. Having a pen and paper with you can be useful. Don’t be afraid to ask someone to repeat or slow down.

![People](http://www.selfhelp4stroke.org)

### Will I manage my lunch?

Can you check the menu in advance? Why don’t you take preferred utensils with you if they help? Take some wipes if you are worried about making a mess. Ask for a half portion if you have a small appetite.

![Lunch](http://www.selfhelp4stroke.org)

### Where is the nearest toilet?

Ask as soon as you arrive at your venue. Choose a seat that is easy to get out of and is closer to the bathroom. Always have a change of anything you might need handy.

![Toilet](http://www.selfhelp4stroke.org)

### What if I forget the names of my grandchildren?

Why don’t you carry a set of pictures? This could be on your phone, tablet or in a small album. If you use conversation support books, take them with you.

![Pictures](http://www.selfhelp4stroke.org)

### What if I get emotional?

Have some phrases handy to excuse yourself. If this is likely to happen do you think you could explain to people before hand? Take tissues!

![Tissues](http://www.selfhelp4stroke.org)

### Will I get too tired?

Try to plan your week around important activities. For example have a quiet day before you go out and don’t over stretch yourself after. Pace yourself – go for a short time at first.

![Zzz](http://www.selfhelp4stroke.org)