



You want to meet people.

You are old.



You are more than 55 years old.

You may be

- 58
- 67
- 75.



You want to feel like you belong.

You feel good when

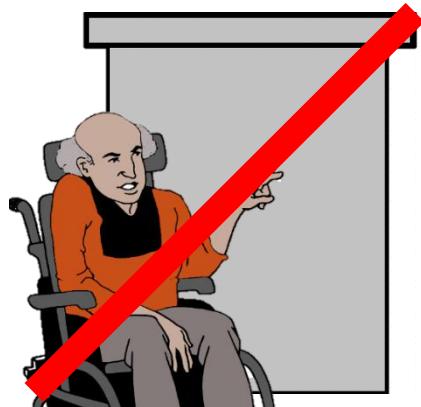
- you care about others
- others care about you.



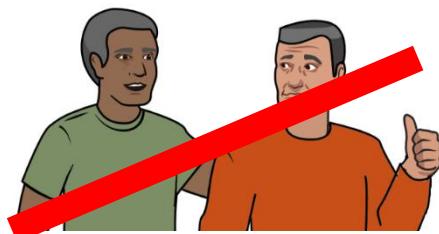
It can be hard

- to meet people
- to go out.

You may need staff to help.



You may have stopped work.



You miss your work friends.

You do **not** see them each day.

There are people in your life. Like



- family
- friends
- a special person.

But



Things may change.

Like a friend moves away.

You do **not** see them.



You may feel sad.



Your communication



You want to

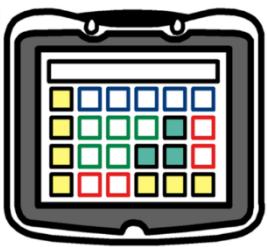
- say things
- be understood.

But



It may be hard to

- talk with new people
- find people who understand you.



You may use

- a board
- a machine that talks out loud



- speech
- your hands. You may sign.



People understand you. You can

- talk about what you like
- talk about what you do
- make friends.



Read

You want to talk to people.



Lots of people think about

- a special friend
- sex.

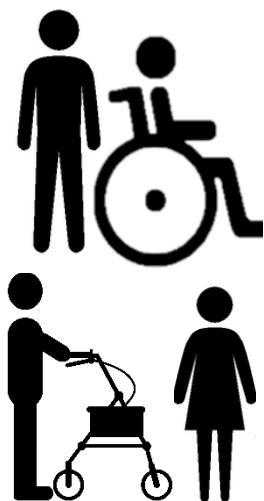
That is OK.



You may worry. You may ask

- do they like me?
- do they like me a lot?

How do you know a person likes you?



All people can feel like this.

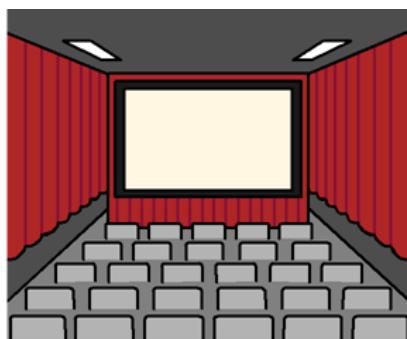


What can you do?



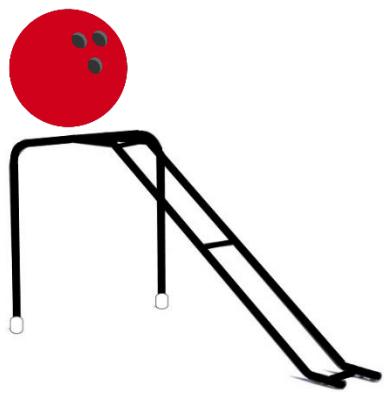
You can try new things

It helps you feel like you belong.



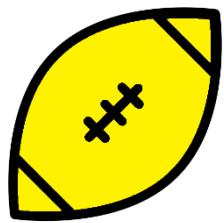
You may join a group. Like

- a movie group.
- an online chat group.



You can play a new sport. Like bowling.

Or



You can go to see your team play.

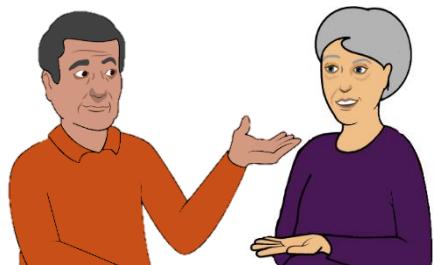
Like you go to the foot ball.



You can get help from a speechie.

You may need a

- machine that speaks out loud
- board.



They can help you be with friends.

Like you know

- what to say
- what to do.



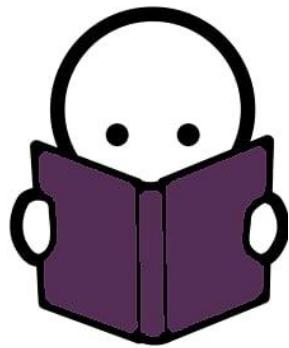
Talk to people you trust. Talk about

- how you can meet people
- what you want to do
- what you need.



They check you have the
help you need. Like staff to

- drive you
- help you eat.



You want to know more

myCP Guide

You do things for fun.

You are old.

Read

You do things for fun. You are old.

myCP Guide

You want to talk
to people

Read

You want to talk to people.



Read

Stay fit.



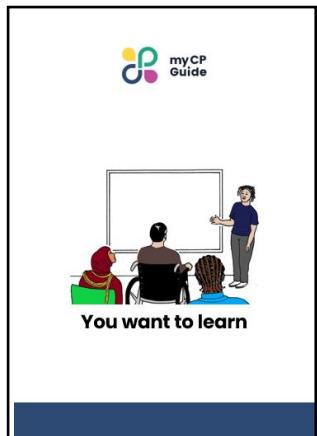
Read

About sex. You are an adult.



Read

You want to work.



Read

You want to learn.