



**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

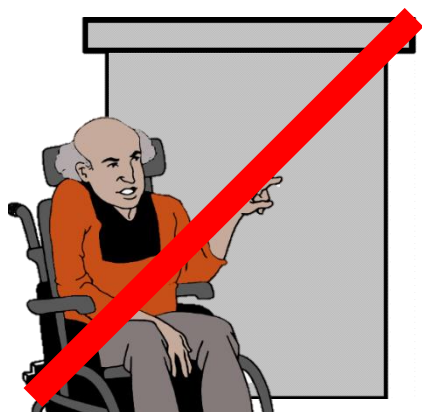
- you care about others
- others care about you.



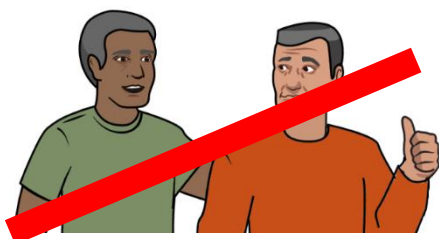
It can be hard

- 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

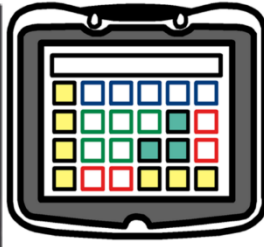
- say things
- be understood.

**But**



It may be hard to

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

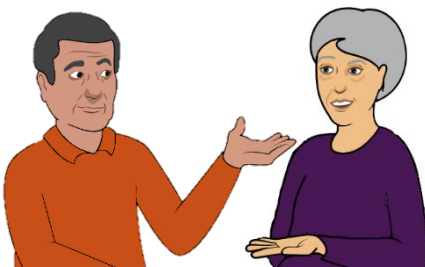


You may use

- 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.

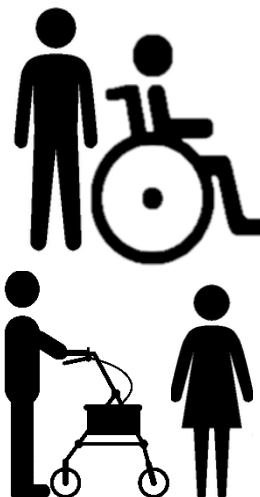
That is OK.



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.



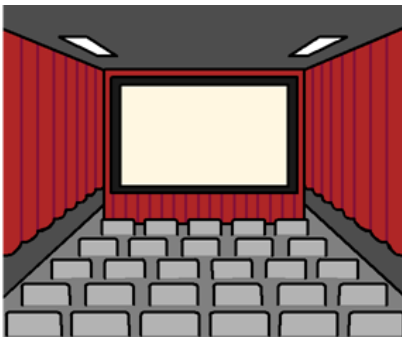


## What can you do?



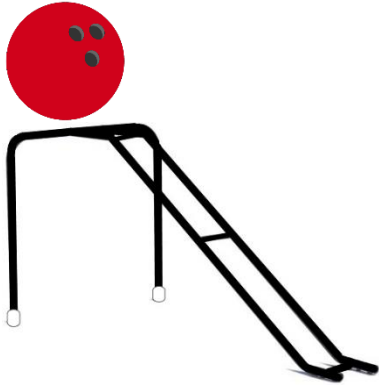
You can try new things

It helps you feel like you belong.



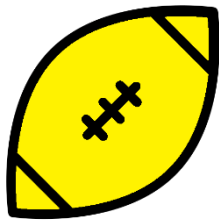
You may join a group. Like

- a movie group.
- an online chat group.



You can play a new sport. Like bowling.

**Or**



You can go to see your team play.

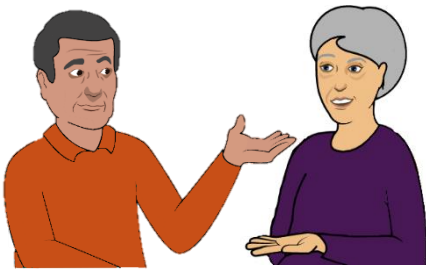
Like you go to the foot ball.



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.



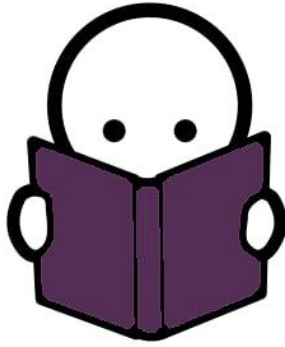
Talk to people you trust. Talk about

- 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**



Read

**You do things for fun. You are old.**



Read

**You want to talk to people.**



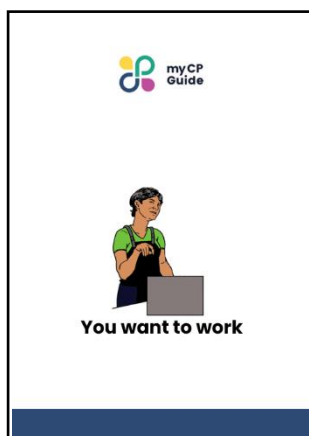
Read

**Stay fit.**



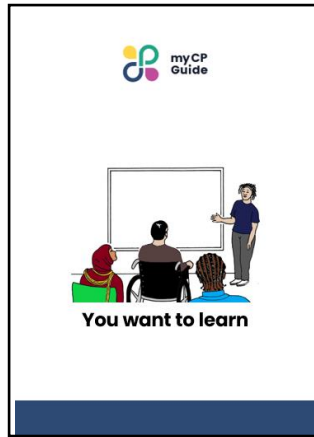
Read

**About sex. You are an adult.**



Read

**You want to work.**



Read

**You want to learn.**