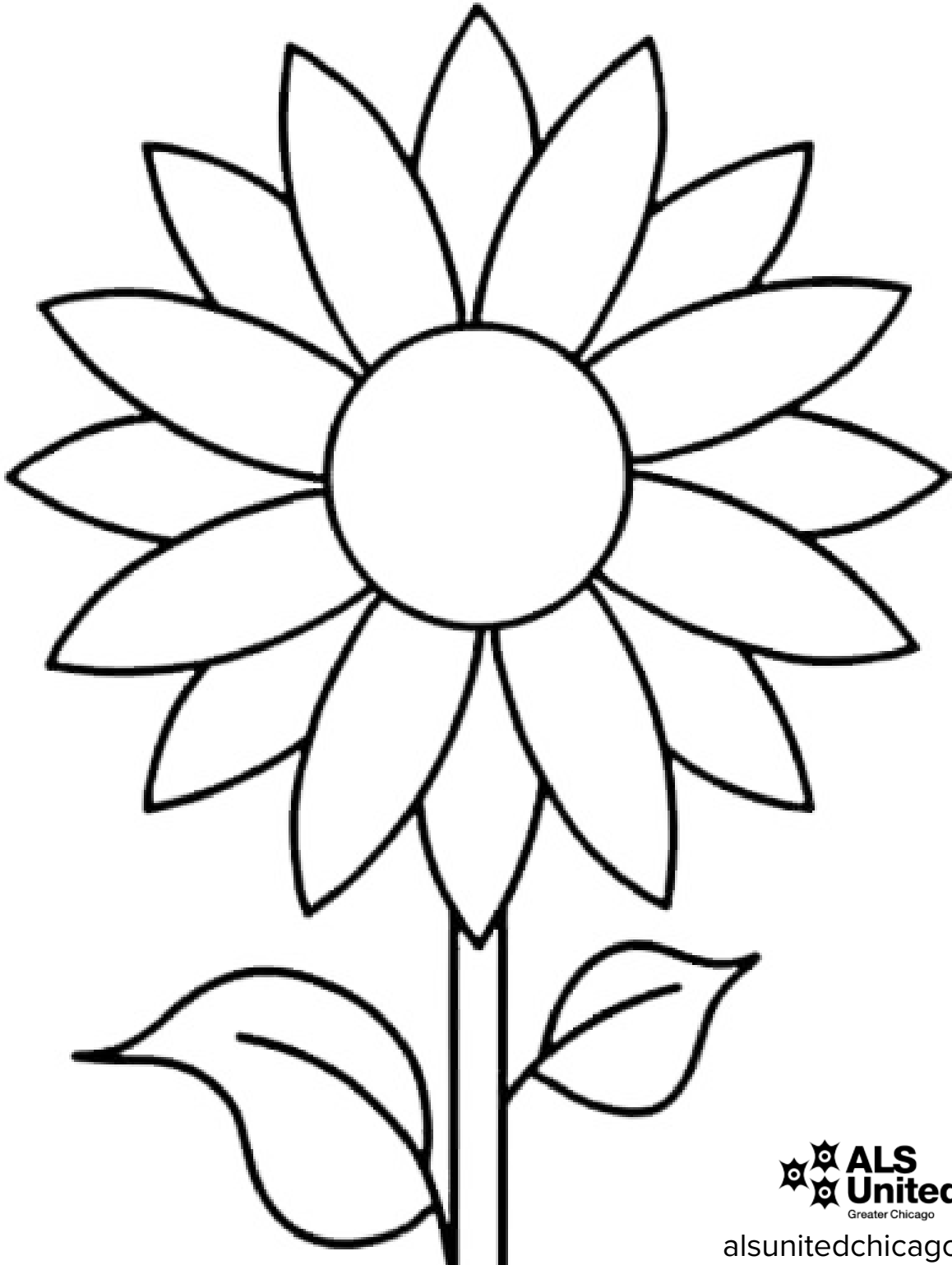


Instructions: Think of fun things you'd like to do with your loved one and talk to them about what's possible. Write your ideas on each petal & color it in to make your flower bright. When you're done, hang it somewhere you can both see it as a reminder of your plans together.



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Parents/Loved Ones:

Use this activity as a chance to have a loving, open conversation with your child about spending time together. Talk about the activities you both enjoy and explore how to adapt them to fit your abilities. While your body may be changing because of ALS, remind your child that your love for them and your desire to make special memories together remain unchanged.

Encourage your child to share their ideas and help them understand that the most important thing is being together, no matter what the activity is. Celebrate their creativity and focus on the joy of connection. Once the flower is complete, hang it up proudly as a reminder of the memories you're creating together.

Example Activity:

Child's Idea: *"I want to go on a nature walk together!"*

This is a great opportunity to have a conversation about what a nature walk might look like now and how, together, you can adapt it to make it work. It may be a little different from what you've done before, but it can still be a special and memorable experience.

- Plan ahead: Choose a path that is smooth and accessible, making it easier for the wheelchair or scooter to navigate.
- Bring an Aid: If walking is difficult, consider using a wheelchair or mobility scooter for support during the walk.
- Take breaks: Enjoy the surroundings and have a relaxed conversation, taking time to pause and soak in the moment, without feeling rushed.

By working together, you can make this simple outing meaningful, no matter how it looks.

If you need help or resources to adapt activities or have conversations with your child, reach out to your Care Services Coordinator—we're here to support you!



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