

TREE STAGES



OAK: Oak wood is strong, heavy and durable. Like an oak, I am strong minded, heavily independent, and physically durable. I thrive when presented with challenges and actively seek cognitive and social stimulation to increase longevity.



SPRUCE: Spruce trees have needles with four sides. The four most important things to me are: maintaining my independence, sticking to my familiar routines, feeling confident in what I am doing, & having respect from others. I may mask my changing abilities--if you don't know me well, you may not even be able to tell! Don't point out my changing abilities or strip me of my independence or you may get poked by my needles.



MAPLE: Maple trees have smooth bark when they are young, which transforms into a rough, corky bark as it ages. Similarly, I am transitioning from smooth moments of clarity, into cloudy rough moments of confusion & forgetfulness. I enjoy repeating activities that combine my interests & strengths. Hit that sweet spot and the syrup will flow!



BIRCH: A birch has smooth, white bark that slowly peels back in paper thin sheets. Like the smooth birch bark, I am no longer resistant and am surprisingly more open. I am becoming more fragile and will respond best to activities that are sensory focused. I am in the moment, and it's more important to me how I feel during an activity than what we are actually doing. Don't bog me down with details - I am more big picture oriented.



WILLOW: The willow tree has graceful arching branches that are supple and flexible like reeds, allowing small breezes to often set the entire tree in motion. Some days, I am very go with the flow, easy-breezy when it comes to engagement. Other days, my branches arch around me, secluding and inhibiting my ability to engage with the world around me.