

MAPLEWOOD

Senior Living

CAREGIVER QUESTIONS

Deciding to become a caregiver to a loved one is not something to be taken lightly. While undoubtedly rewarding, it can be a huge strain on your life and your family's life and it is important to go through these questions ahead of making the final decision.



CAREGIVER READINESS QUESTIONS	YES	NO
Am I physically able to provide the needed assistance? (Could I continue doing this work for weeks? Months? Years? Do I have physical limitations for the work involved?)		
Am I prepared to perform intimate caregiving chores like bathing and helping with toileting?		
Am I able to keep from getting upset and angry? (Am I able to stay calm and treat family members with patience and kindness even when I feel tired and overworked with the responsibilities of being a caregiver?)		
Can I free my schedule to be available when needed?		
Can I afford to reduce or stop working? (Do I need to continue to work to meet my family's and my current or future financial needs?)		
Am I willing to reduce or neglect other obligations in order to give the care needed?		
If there are other people that depend on me (children, etc.), can I find alternative care for them to free up my time to take care of my loved one?		
Are you confident that other family relationships (e.g., with your spouse) will not be negatively effected by the unduly stress of caregiving?		
Do I have a list of contacts to ask for help when I need a break? (Am I willing to ask for help if I need it? How will I protect myself from getting so involved that I never take a break or get help?)		
Would I be willing to purchase care to supplement the care I can give? (Do I have the financial resources to purchase supplemental care? Would I be willing to pay someone to help me provide the care that is needed?)		
Do the people around me support me in my decision? (Are they willing to share in some of the responsibilities?)		

It is important to be honest with yourself and understand your limitations. If you answered "no" to 2 or more of these questions, it may be time to weigh alternative options to caregiving at home.

If you would like more information, please contact a **Maplewood Senior Living** community. Our knowledgeable staff of professionals understands and is here for you and your loved ones throughout the journey.

203.557.4777 | MaplewoodSeniorLiving.com



Connecticut: Bethel, Danbury, Darien, East Norwalk, Newtown, Orange, Southport

Massachusetts: Brewster, Weston, West Yarmouth

New Jersey: Plainsboro | **Ohio:** Chardon, Cuyahoga Falls, Twinsburg