

# MAPLEWOOD

*Senior Living*

## ARE YOU READY TO BEGIN A CAREGIVING JOURNEY?



Caring for a loved one is an act of deep love and commitment. It can also be emotionally and physically demanding. It's normal to feel uncertain, overwhelmed, or even conflicted as you explore what caregiving might look like for your family.

This reflection guide is designed to help you think through your needs, your loved one's needs, and what support systems can help you both thrive. There are no right or wrong answers—only opportunities to understand where you may need extra help.

### CAREGIVER READINESS QUESTIONS

#### Physical and Emotional Readiness

- How confident do I feel in providing the daily assistance my loved one needs?
- Are there physical limitations I should consider, and what help might I need to protect my own health?
- What strategies can I use to stay patient and compassionate, especially on difficult days?

#### Time and Schedule

- How might caregiving fit into my current schedule?
- Are there family members, friends, or services that could help share responsibilities?
- How can I create time for rest, connection, and self-care?

#### Financial Considerations

- How might caregiving affect my work or income?
- What community or professional resources could help relieve financial or time pressures?

#### Support and Relationships

- How will this change affect my relationships—with my spouse, children, or other family members?
- Do I have people I can turn to when I need a break or emotional support?
- Am I comfortable asking for and accepting help?

#### Care Resources

- Would outside support such as respite care, in-home assistance, or a senior-living community enhance my loved one's quality of life and my ability to provide care?
- What combination of family care and professional services feels most sustainable?

### Reflecting on Your Answers

If you discover areas where you could use more help, that's completely normal. Most caregivers benefit from shared support, flexible plans, and occasional relief. You don't have to do this alone. Consider reaching out to your loved one's healthcare provider, local community resources, or professionals who specialize in elder care to explore all your options.

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](https://www.MaplewoodSeniorLiving.com)



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

**Massachusetts:** Brewster, Weston, West Yarmouth

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