

## QUESTIONS TO LEAD A “FAMILY AS CAREGIVER” DISCUSSION

Younger generations feel a sense of obligation for the well-being of aging parents and grandparents. Older generations remember the difficulties of raising children, while working and feel a responsibility NOT to burden the busy lives of their adult children.

With open communication and advanced planning, this mutual sense of responsibility grows your family; in the absence of a common understanding or plan, it can cause life changing guilt, anxiety, and sibling discord.

### **THIS SHEET WAS DESIGNED TO HELP YOU IN THAT DISCUSSION.**

**Read the discussion point, circle (+) if it will not be an issue, circle (-) if it will be an issue.**

#### **FAMILY AS CAREGIVER**

##### **A. SPOUSE AS CAREGIVER**

- + - How will **you** feel about him/her giving you a bath or helping you toilet?
- + - How will **your spouse** feel about giving you a bath or helping you toilet?
- + - Will your spouse be physically able to lift you if needed- how about in 20 years?
- + - If your spouse becomes your 24 hour caregiver how will it change your relationship?
- + - If your spouse can no longer live safely at home with you, do you have alternate living arrangements?
- + - If your spouse predeceases you and you are capable, do you want to continue to live independently?
- + - If you are dependent on your spouse's income, do you have alternate income sources if he/she has to stay home to care for you?

##### **B. SIBLINGS AS CAREGIVERS**

- + - Do you have siblings?
- + - Will your siblings be a possible source of LTC?
- + - Who will relocate to make it possible, ie. who will live with who?
- + - If your spouse predeceased you, and your sibling is still alive, would you consider living together?
- + - If this sibling becomes unavailable due to death or illness, do you have an alternate plan?
- + - How will your sibling feel about giving you a bath or helping you toilet?
- + - Will your sibling be physically able to lift you if needed- how about in 20 years?

### **C. CHILDREN AS CAREGIVERS**

- + - Do you have children?
- + - Will you live near your children?
- + - How would you feel about living with one of your children?
- + - Which of your children do you think would be most comfortable as a caregiver?
- + - Does this adult child have a family?
- + - How do you think a caregiver situation might impact grandkids?
- + - Does this adult caregiver have a job?
- + - What does this adult child do for a living?
- + - Will this adult child have flexibility in his/her work day to provide care?
- + - If your child takes off work to provide your care how will this affect his/her ability to prepare for his/her own retirement?
- + - How will you feel if this adult child has to bathe you or help you on the toilet?
- + - How will your child feel about providing for your personal hygiene?
- + - Will your children have the financial ability to pay for a caregiver or a facility?
- + - If this adult child becomes unavailable due to death or illness, what is your alternate plan?

### **SUMMARY - IS YOUR FAMILY A REALISTIC OPTION AS A PLAN FOR YOUR LONG TERM CARE?**

#### **NOTES:**