

Meaningful **Ways You Can Support Caregivers**



- Ask caregivers how they are doing
- Include caregivers as part of the healthcare team
- Share what's happening & what to expect next
- Encourage caregivers to accept help
- Help connect caregivers to resources
- Encourage caregivers to talk to someone about their feelings
- Re-visit this conversation throughout their journey



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Questions to Ask Caregivers

Conversation Starters

- 1. How are you managing? How are you doing today?
- 2. What would be the one thing that would help you most in caring for your friend or family member?

Follow-up Questions

- 1. What worries you most? What concerns you most?
- 2. Do you have someone you can count on to help you? and/or Who is supporting you?

Additional resources: www.caregivershuronperth.ca

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