

WORKSHEET 4

QUESTIONS FOR CAREGIVERS TO ASK THEIR LOVED ONES

Visit www.LLS.org/CaregiverWorkbook
to access all chapters and worksheets.

Set caregiving parameters and boundaries early. What obligations and responsibilities will you be taking on in your role as caregiver? Try not to make assumptions about what your loved one needs or wants. Find out what works best for both you and your loved one. Go through the following questions together and record the answers.

Are you okay with the healthcare team sharing your medical information with me?

- Yes
 No
 Other _____

If Yes, the patient will need to sign the paperwork at the treatment center that gives members of the healthcare team permission to communicate with you.

Who will be the main contact person for the healthcare team?

Who will schedule appointments?

Check all that apply. Add additional tasks or parameters as needed.

What do you need or want help with?

- Going to appointments
 Booking appointments
 Talking to the healthcare team
 Remembering medication
 Grocery shopping
 Cooking
 Household chores
 Pet care
 Childcare
 Managing health insurance
 Managing finances
 Hygiene and personal care (bathing, dressing, etc.)
 Updating friends and loved ones
 Other _____

Are there tasks you don't need or want help with?

What is a good way to keep the lines of communication open? Can you let me know when you need space or if you are beginning to feel overwhelmed?

Are you okay with me sharing updates about your treatment or well-being with other family members and friends? And, if so, in what format—phone, email, caregiver app or webpage, social media? *(Remember to discuss disclosure and how sharing this information may affect your loved one in the future.)*

Do you have an advance directive? Where can I find copies? Do any of them need to be updated? *Note: Advance directives are legal documents that communicate preferences for medical care and end-of-life wishes.*
