

Exercise: after caregiving

When your caregiving role ends, there are a lot of emotions to process and things to think about. You might be considering big life changes – returning to full-time job, moving to another house, starting a family or retiring.

This may be a good time to reflect on your caregiving. Here are a few prompts to help you.

1. Since becoming a caregiver, what new skills have you developed? How do these skills help you in your personal or professional life?

2. How have your interests changed since you became a caregiver?

3. What have you learnt about yourself?

[illegible]

4. What have you learned about people around you - friends, family members, neighbours or your community? Have any relationships changed because of caregiving?

[illegible]