

Exercise: what role will you play?

There are many different caregiving relationships: spousal, parents to children, children to parents, extended family, or friends. The caregiving experience will be different for everyone.

It's important to understand what being a caregiver will mean for you, what do you want to do and what you are able to do. If possible, it is worthwhile to set boundaries and clarify expectations at the beginning of your caregiving journey, as it can be much harder to do so when you're already deeply involved and committed.

These questions will help you define your role:

1. Do I want to be a caregiver? How much care do I want to provide?

2. How much care do I want to provide?

3. How involved do I want to be in decisions about care?

4. What does care recipient want and need?

5. What type of care do I want to provide? What are my skills and resources?

6. What types of tasks am I comfortable with and able to do?

7. What types of tasks am I not comfortable with or unable to do?

8. Are there other people who can assist with care, give me a break, and support me in my work? Who are they and how can they help?

9. I live in a different town or province. Can I be a long-distance caregiver? What kind of support can I give?

**10. How will I feel about myself if I choose to be a caregiver?
How will I feel about myself if I choose not to be a caregiver?**
