

QUESTIONS TO ASK YOURSELF BEFORE EMBARKING ON A “CARE-GIVER MISSION”

- Do friends or family members live nearby?
- Are you willing to *live* with the care recipient?
- Are you willing to have the care recipient move in with you?
- Are you willing to adapt a home (possibly yours) to provide the necessary care?
- Are you *willing* to stay at home **24 hours a day, seven days a week** to provide the care?
- Are the care recipient’s children working?
- Are you raising your *own* family?
- Are you willing to *sacrifice your career* to provide the care?
- Can you *quit work* or work part-time to provide necessary care?
- Did you quit work to raise your own children?
- Will you or someone else be *pressured* into providing the care?
- Are you yourself *healthy* enough to provide the care?
- Are you *financially able* to take time from work?
- Is one family member able to move in with another family member?
- Can your home or the care recipients home be adapted to provide the necessary care?
- Are you *trained*, both **physically and emotionally**, to care for a loved one?
- Can you *physically lift* the one needing care?
- Can you bend over and lift the one needing care out of a bed?
- Have you experienced seeing a loved one’s body *deteriorate*?
- Are you *prepared* to see your loved one’s body deteriorate?
- Have you cared for others too many times in the past?