

QUESTIONS to ask your LOVED ONE

WORKSHEET FOR CAREGIVERS

Set caregiving expectations and boundaries early

Think about the obligations and responsibilities you will be taking on in your role as caregiver. Try not to make assumptions about what your loved one needs or wants. Instead, find out what works best for both you and your loved one by taking the time to talk about expectations and setting boundaries. Go through the following questions together and record the answers so you can revisit them together if ever your situation or your loved one's needs change.

1

Is it okay if your healthcare team shares information with me?

Yes No Other:

If Yes, your loved one will need to sign the paperwork at the treatment centre that gives members of the healthcare team permission to communicate medical information with you.

2

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

3

What do you need or want help with?

- | | |
|---------------------------------------------------------|------------------------------------------------------------------------------|
| <input type="checkbox"/> Going to appointments | <input type="checkbox"/> Managing health insurance |
| <input type="checkbox"/> Booking appointments | <input type="checkbox"/> Managing finances |
| <input type="checkbox"/> Talking to the healthcare team | <input type="checkbox"/> Hygiene and personal care (bathing, dressing, etc.) |
| <input type="checkbox"/> Remembering medication | <input type="checkbox"/> Updating friends and loved ones |
| <input type="checkbox"/> Grocery shopping | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Cooking | _____ |
| <input type="checkbox"/> Household chores | _____ |
| <input type="checkbox"/> Pet care | _____ |
| <input type="checkbox"/> Childcare | _____ |

4

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

5

What is a good way to keep the lines of communication open?

At some point, your loved one may need more space, time alone or feel overwhelmed. Ask your loved one to tell you when this happens so you know when and how to adjust accordingly.

6

It is okay if I share your updates with other family and friends?

Make sure to specify in what format updates about your loved one's treatment and well-being can be shared — phone, email, caregiver app, webpage or social media. Remember to discuss disclosure and how sharing this information may affect your loved one in the future.

Yes No Other:

7

Do you have an advance directive?

An advance directive is a legal document that explains your loved one's preferences for medical care and end-of-life wishes. It is also known as a *living will* or an *advance care plan*.

Yes No Other:



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1 833 222-4884 • info@bloodcancers.ca • bloodcancers.ca