

Focusing on What Is Important

Each caregiver creates his/her own experience by defining what is important, acknowledging what is important to the loved one (care receiver), and using strengths and resources to create a meaningful experience.

The goal is to create a caregiving experience that has meaning and purpose, based on what is important to each of you, so that at the end you can say, "I'm glad I did that!"

What is most important to you, the caregiver, may be viewed from a number of different perspectives. It may include things like spending quality time with your loved one, maintaining your own physical and emotional health, and/or deepening relationships.

List what is most important to you and your loved-one (care receiver):

(There may be a difference between what is important and what *must be done!* i.e. He'd like you to sit by his bed and talk, but meal *must* be prepared.)

Important to Loved-One:

- 1.
- 2.
- 3.
- 4.
- 5.

Important to Me

- 1.
- 2.
- 3.
- 4.
- 5.

What would you be willing to give up or ask someone else to do so you could spend more time on what is most important?

Who can you ask for help? What specifically would you ask them to do?

What community resources could you use to do some of these things?

What could you do differently so you can combine the "need to dos" with what is important?