2020 Family Caregiver Coordinator Training

**Sample open ended questions:**

* On one hand being a caregiver can be really draining, on the hand it can be a time that brings people together too. What’s working well for you right now?
* What worries you the most? (e.g., concerns, stresses, keeps you awake at night)
* Think about your family and friends. Who do you rely on for help or to talk with on a particularly stressful day?
* If \_\_\_\_\_\_ (insert name of care receiver) was here, what would (this person) add to what’s been said (e.g., discussed, talked about) so far?
* What else would be important for me to know?
* Tell me what you’ve tried so far?
* If you did decide to use some services (e.g., respite, in-home support, other) what would help the most?
* I understand that having some help at your home can feel (like an intrusion, another worry added to your day, uncomfortable), what are your thoughts about trying it on a temporary basis?
* What guidance (e.g., tips, information) would you give the (in-home service provider, respite provider, other) to help them locate the person (e.g., worker, volunteer) that would best fit your family? (Share care receivers’ interests or hobbies, personality (e.g., extrovert, introvert) or other helpful information).
* Let’s look ahead into the next few months (potentially mention winter). What’s coming up that is a concern for you?
* We’ve talked about a few options (services). Which do you think would be most helpful at this time? Or… What’s stood out the most? Or…What service would you like to talk about first (learn more about)?
* Tell me what you know about the Family Caregiver Program?
* Please tell me a little more about that.
* We’ve talked about (insert name of care receiver), I’m wondering what your thoughts are about how things are going (what’s working/not working) for you?
* What is the main challenge you face day to day?
* What do you feel like you need? And what is preventing you from meeting those needs?
* If it is okay with you, I’d like to ask you about…your physical health …how you are taking time for yourself…