Support Group Jar Question Ideas: C Marsh, DCS Rock County ADRC

I spaced them out so that you can print them out, cut them apart, fold and place in a jar. The group can then just pass the jar on to the next person. Some are serious…some are silly.

1. How have things been going since we last met?
2. Is there anything you want to make sure we discuss today?
3. Are there any challenges you have encountered?
4. What is one thing you have done for yourself since we last met?
5. What is one thing your care recipient is still really good at?
6. It is one thing someone else has done for you recently.
7. What is a simple thing that makes you happy?
8. What is your favorite candy bar? When was the last time you had it?
9. You have five minutes to do anything you want to do…what do you do?
10. Who is the last person you talked to on the phone?
11. Who is the last person you called on the phone?
12. Who is the last person who called you on the phone?
13. What is one thing you wish you had known sooner in your caregiving journey?
14. What is something you would like to share that has helped you in your caregiving journey?
15. Tell us a joke….can’t think of one…use this one: Did you hear about the claustrophobic astronaut? .... He just needed a little space.
16. What is for dinner tonight?
17. What is one thing you think would help you as a care giver?
18. If you could tell others one thing you have learned about care giving, what would tell them?
19. Why do you think it is important to take care of yourself?
20. What is the best thing about your care recipient?
21. What is something you have never done?
22. What is something that you would really like to do?
23. What is your favorite season of the year and why?
24. Point out to the group that it impossible to lick you elbow, see if anyone tries. Have you ever thought something was impossible on your caregiving journey?
25. When all is said and done, will you have said more than you have done?
26. What do you think is worse? Failing or never trying?
27. What is something you are grateful for?
28. What is something you really miss?
29. What is something you really don’t like about being a caregiver?
30. What is something you know your care recipient would thank you for if they could?

Have fun and create your own!!