

Tips on Engaging Caregivers

- Ask caregivers how they are doing
- Include caregivers as part of the healthcare team
- Share what's happening & what to expect next
- Encourage caregivers to accept help
- Encourage caregivers to visit **ontariocaregiver.ca** or call the 24/7 helpline at **1 833 416 2273**
- Encourage caregivers to talk to someone about their feelings
- Re-visit this conversation throughout their journey



THE ONTARIO

caregiver

ORGANIZATION

Questions to Ask Caregivers



Conversation Starters

1. How are you managing?

-or-

How are you doing today?

2. What would be the one thing that would help you most in caring for your friend or family member?

Follow-up Questions

1. What worries you most?

-or-

What concerns you most?

2. What would be the one thing that would help you most in caring for your friend or family member?