

Discovery Questions

Not ready to see a Caregiver Coach? Check-out these discovery questions below to get you thinking about your current caregiving challenges and what supportive strategies could look like.

1. List 2 things you want to prioritize to help you overcome your caregiving challenges.
2. What changes would you like to see in your caregiving situation?
3. What has been your approach to finding solutions to challenges in the past?
4. What is it about your life, yourself and your accomplishments that gives your real pride? How did you become good at that?
5. What do you do for fun?
6. What is it about your care recipient that you appreciate the most?
7. How will you know that things are starting to improve or/starting to get better?