

Questions That Open the Door to Change

Here are some questions to ask that can help you get to a workable caregiver contract for everyone:

1. What outside help can we look for and say “yes” to that will make the things we need to get done around the house more manageable?
 - ♥ “I can’t keep up with the outside of my house and yours. Is there someone you trust that we can hire to cut the lawn? If not, I have some suggestions.”
2. What rituals throughout the day can we change, modify, or do away with today?

“Mom, I know you can’t put away the clothes, but it would be helpful if you can fold them while you’re sitting down and then I can put them away.”