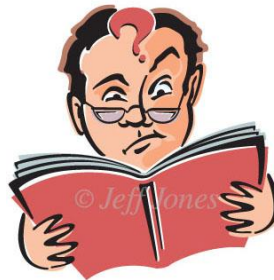


Reading Group Questions/Discussion Topics for
The Family Caregiver's Guide
By Harriet Hodgson



- 1 In her dedication Harriet describes caregivers as the unsung heroines and heroes of life. Do you agree with this statement?
- 2 The title of the first chapter is “Caregiving is an Expanding Role.” Think about some of tasks associated with caregiving and share them with the group.
- 3 Are you a stand-by family caregiver, someone who is available when schedules conflict?
- 4 Which caregiving tasks do you think are hardest for family caregivers?
- 5 Is your community wheelchair friendly, with wide store/restaurant doorways and enough wheelchair parking places? What else is needed?
- 6 Harriet shares some personal stories in *The Family Caregiver's Guide*. Is there a story that touched you?
- 7 Pretend you are an architect. How would you design a place for home caregiving?
- 8 Which skills are essential for family caregivers?
- 9 Although most caregivers are women, men are assuming this role. What special skills do men have?
- 10 Is anyone really prepared to be a family caregiver? Share some of your thoughts.
- 11 Harriet devotes an entire chapter to caregiving “nuts and bolts.” Think of some other things that are necessary for home caregiving. Have you seen any new products?

- 12 Caregiving is an evolving role that involves constant learning. Are courses available in your community? If so, what are they?
- 13 In the guide Harriet writes about sleep deprivation. Have you ever been sleep deprived? How did it make you feel?
- 14 Does your loved one have a health problem? How do you feel about this problem?
- 15 Becoming a care receiver can be demeaning and make the care receiver feel helpless. Think of some ways to reduce this feeling.
- 16 You may have arranged for mobile services for your loved one. How did they work out? Were the costs reasonable?
- 17 Self-care is important for caregivers. Share some of the ways you practice self-care.
- 18 *The Family Caregiver's Guide* ends with a chapter about the rewards of caregiving. Discuss these rewards. Which one seems to be most important?
- 19 Each chapter ends with Smart Steps—reviews of the main points in the chapters. Was this section helpful? Did you follow any of the suggestions?
- 20 Harriet writes about the benefits of affirmation writing. You have read *The Family Caregiver's Guide*. Would you read the second book in her series, *Affirmations for Family Caregivers*?



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