



Steps to Making the Decision that Is Best for Everyone

STAKEE

#1 **STRUGGLE**: What is the struggle that is causing a need for change? Write down the different aspects of the problem and what you have already done to try to address it. _____

#2 **TALK**: Prepare to talk with the care receiver and other major decision makers. _____

What do they need to know? _____

What do you need from them? _____

#3 **ASSESS**: Assess the options for change from small to big.

What are some other options you have never thought of before? _____

What other options have you seen others use? _____



#4•KNOW Yourself: Given your needs and relationship with the care receiver, what are you able to do? Do you have any difficulty in your relationship, now or in the past that could be a challenge with full time caregiving? _____

Are there any aspects of providing care or being a full time caregiver that you are concerned could present a problem for you? _____

#5•EXPERIMENT: Try out some small changes first and see the impact. What would be a few changes that could help make life less stressful right now? _____

What changes could you make that would help to make care more manageable?

What could you try out to understand more if you would like to take on more of the care of your loved one? _____

#6•EVALUATE: What worked? _____

What didn't work? _____

What do you want to try to solve continuing struggles? _____



Building a Care Team

The first members of the team are YOU and the CARE RECEIVER

• Now take a look around. Who are the people involved in the care of your loved one and supporting you.

• First write down your current team. Including the roles that each one of them plays and the time they spend each week in this role. _____

• Now think about gaps in the needs that are being met. What are these? What team members can you bring on to help in these areas? _____

• Are there things that you are doing as a caregiver that others could take off your plate so you could concentrate on the areas of care and relationship that are more important with your care receiver? _____
