

PART TWO

Answer questions on specific topics

GETTING AROUND

Where did you go the last time you left your home/place you're living?

How did you get there?

Did anything make it hard to get around? What was it?

If there was one place you could go today without worrying about how to get there, where would you go? Why?

DEALING WITH EVERYDAY STUFF

What's a problem you had recently? It can be big or small.

What did you do to try to fix the problem or cope with the problem?

What got in the way as you tried to deal with the problem?

Can you think of anything else that could be done about it?

BEING A CAREGIVER

**What types of caregiving do you provide for a loved one? (e.g., child, parent, friend)
Where do you do this?**

What does it feel like to be a caregiver?

What impact does being a caregiver have on your life?

What would make your time as a caregiver better?

PEOPLE YOU KNOW

How do you connect with other people?

Where do you go to be with people?

What do you like about spending time with others?

What do you dislike about spending time with others?

If you could, who would you like to spend time with tomorrow and what would you like to do?

PETS

Pets can be an important part of our life.

Think about the last interaction you had with a loved one and/or pet. **What happened?**

How did you feel during this time?

What would make your time with your pet better?

HOPES AND DREAMS

What are you most hopeful about?

What does a better life look like to you?

What's one thing that gets in the way of you having your better life?

What would help you get to the life you imagine?

YOUR PHYSICAL AND MENTAL HEALTH

Are you experiencing any physical or mental health challenges? If so, please share.

Tell us about a time when your physical or mental health impacted your ability to be a caregiver. What happened?

What do you want people who help you with your emotional health to understand about you and your caregiving role?

GETTING HELP FROM PROFESSIONAL SERVICES

Professional services can be things like home care services, case management, friendly visiting, home-delivered meals, or transportation help.

Think about the last time you had an interaction with a professional service. What challenges did the professional service (and the person providing them) help you with?

What happened? What did you talk about?

How did you feel during this interaction with the professional service (and the person providing them)?

What would make your time with the person providing these services better?

TIME BY YOURSELF

How do you fill time when you're by yourself?

What does it feel like when you're by yourself?

What do you think about when you're by yourself?

Would you change anything about the time you spend by yourself?
If so, how would you change it?

MOTIVATION AND WHAT KEEPS YOU

What got you out of bed today? If you didn't get out of bed, what kept you there?

What matters most to you?

What do you do when things feel like too much?

What do you wish you could do when things feel like too much?

What's something you're proud of?

STRENGTHS AND INTERESTS

What are you good at?

What's something you wish you could try?

What stops you from trying that thing?

What's something a loved one would say you're good at?

YOUR WORDS OF WISDOM

What's the thing you're most proud of as a caregiver?

What's a lesson about caregiving you wished you learned sooner?

What challenges do you think future caregivers could face?

What are your words of wisdom for someone new to the caregiving role?