



# Accepting the Gift of Caregiving

Book Clubs & Support Groups

## QUESTIONS FOR DISCOVERY

Caregiving is a gift we give to one another. We are giving the best that we have at that moment. In addition, in order to enhance our abilities to care for another, we learn from each other, we depend on each other. To be able to give the best we can, we need each other and the support we can offer.

It is with this in mind that caregivers seek out support, encouragement, insights, stories, and answers to their questions. No where is better to do this than in a group of caregivers.

No place is better to learn than where a group is focused on the same problems solving to find solutions that work for the one who needs it.

In our situation here, we are discussing caregivers for those with memory loss diseases, primarily Alzheimer's disease. Whether Book Club or Support Group, we learn from the stories others share, experiences we tuck away in our toolbox for the day we will need to refer to them.

By talking about Alzheimer's, the disease and the caregiver responsibilities and tasks, we chip away at societies' misunderstandings, we offer ourselves as examples, we show it like it is, so we can shed light on the Alzheimer world so others will understand.

---

The questions in **Questions for Discovery** are generic prompts that come from the two books in the *Accepting the Gift of Caregiving* series, "*Is There Any Ice Cream?*" and "*Did You Hide the Cookies?*" Their purpose is to get discussions started or to broaden the field of thought. This is not at test about the books, but to be used as a guide to generate questions that might apply around your various needs.

The following is an example of the full set of questions. Each chapter has a full set similar to the ones below. Your meeting facilitator can reference them or use them to reword questions that relate to group needs. This group is for the Chapter "Caregiver" in Part One, "*Is There Any Ice Cream?*"

---

**Chapter 3 CAREGIVER:** I wasn't ready to become a caregiver. I had retirement plans. I didn't know quite how to deal with something that had no guidebook, no exact formula, and no rules.

1. How do you feel about being a caregiver? Were you planning for it? How do you see your role? In what ways can you help yourself feel good about the role? Have you talked with any other caregivers? In what ways was it helpful?
2. What background, what skills and talents, might you bring to the role of caregiving? Our younger years have provided us with 'tools' we just might use in this role. Can you name your strengths? Can you name characteristics you might need in caregiving that you want help updating?

*"Is There Any Ice Cream?"*, *Surviving the Challenges of Caregiving for a Loved One with Alzheimers, Anxiety and COPD, Part One*, and *"Did You Hide the Cookies?"*, *Inescapable Heartaches of Caregiving for My Love with Alzheimer's, Anxiety and COPD, Part Two* from *Accepting the Gift of Caregiving* series by Judith Allen Shone Questions for Discovery © 2020 Judith Allen Shone All Rights Reserved



# Accepting the Gift of Caregiving

Book Clubs & Support Groups

## QUESTIONS FOR DISCOVERY—SAMPLE—Page 2

3. What obstacles do you need to overcome to feel confident? What makes you feel good about the role of caregiving? In what ways can you bring more of that good feeling into your every day?
  
4. How does being a caregiver make you feel? How has it impacted your life with your friends, or former friends? How have your activities as a couple changed? How have your activities personally changed? How does that make you feel?
  
5. Have you met other caregivers to talk with about the role you are taking on? Have you met with them for a chat or more seriously? Have you surrounded yourself with a safety net of support? What do you feel would be helpful for you to be a better caregiver? Where would you look? Organizations? Existing groups?
  
6. In what ways do you feel support is important? In what areas will it help you?
  
7. Facilitator or member questions

---

---

---

---

---

---

---

---

*"Is There Any Ice Cream?"*, *Surviving the Challenges of Caregiving for a Loved One with Alzheimers, Anxiety and COPD, Part One*, and *"Did You Hide the Cookies?"*, *Inescapable Heartaches of Caregiving for My Love with Alzheimer's, Anxiety and COPD, Part Two* from **Accepting the Gift of Caregiving** series by Judith Allen Shone Questions for Discovery © 2020 Judith Allen Shone All Rights Reserved