

EMOTIONALLY - Good / Okay / Difficult / Prefer not to answer

Something you want me to know today:

How Are Things Going?

What has been going well?

What has been difficult?

What has been frustrating?

Do you need more help?

Is there something you would like LESS help with?

What do you want me to understand?

What I Notice • What They Tell Me

Area	What I Notice	What They Tell Me

When Frustration or Anger Shows Up

What happened?

What seemed frustrating?

What did the person tell me?

Were either of us tired, rushed, uncomfortable, or overwhelmed?

Was I helping when they wanted to try?

What could we do differently next time?

☐ Reduce distractions

Give Them Time to Answer

Wait. Listen. Give them an opportunity to respond.

Do I sometimes finish sentences?

Do I answer questions directed to them?

Do I assume I know the answer?

What could I do differently?

A reminder to myself

Ask How They Want Help Communicating

Would you like me to help explain?

Would you like more time first?

Would writing or choices help?

How should I help when other people don't understand?

The way they prefer me to help

Listening Without Immediately Fixing

What are they telling me?

What emotion am I hearing?

Did they ask me to solve something?

Could I simply listen?

What do they want from me right now?

Missing the Way Things Used to Be

The person I care for may miss...

I may miss...

Something that has changed...

Something that is still part of our lives...

Something we would like to bring back...

- ☐ Music
- ☐ Movies
- ☐ Sports
- ☐ Games
- ☐ Food
- ☐ Family
- ☐ Friends

- ☐ Pets
- ☐ Hobbies
- ☐ Outdoors
- ☐ Faith/spiritual activities if meaningful
- ☐ Humor
- ☐ Conversation
- ☐ Other

Staying Connected & Social Plans

People the person enjoys seeing

Activities they enjoy

How much social activity feels comfortable

Who would you like to see?

What would you like to do?

Would you rather stay home?

What Brings Encouragement?

What makes the person smile?

What gives them confidence?

What creates pressure?

What should I do more of?

What should I do less of?

The Caregiver Has Emotions Too

What have I been feeling?

Something I need

Someone I could talk with

Something I shouldn't expect myself to solve today

When We Both Have a Difficult Day

What does the person need?

What do I need?

What can wait?

What can someone else handle?

Would some time apart help?

What could make today easier?

Changes Worth Discussing With the Healthcare Team

What Changed?	When?	What I Notice	What They Tell Me

Our Emotional Check-In & Reflection

Something the person wants me to understand

Something I want them to understand

A conversation worth remembering

Something difficult we handled

Something that brought us joy

Something we want more of
