



Accepting the Gift of Caregiving Support Group

EXAMPLES of QUESTIONS FOR DISCOVERY

Caregiving is a gift we give to one another, one moment at a time.

Questions associated with " **Is There Any Ice Cream?** " by Judith Allen Shone

The purpose of **Questions for Discovery** is to encourage caregivers to create a local support group of like-minded individuals who can talk among themselves to find solutions to their daily concerns.

All questions are based on topics taken from book chapters and are 'seeds' for discussions. In the *complete pdf document* there will be a page of questions per chapter. The facilitator can pick the questions or add some that are more relevant at the time. Members make the rules for their own group.

After book purchase, request a full list of questions for that book, and create your local group. Through discussions, you will discover the right answers for the members and area where members live and where services are provided.

Below are **examples of types of questions** that could be in the *Questions for Discovery* chapter questions. Finding answers will hopefully serve to make a caregiver's life far less stressful.

Chapter 1: MORNING GLORY

1. In what ways have you felt your life becoming more stressful? How could you recognize the areas where you need help? How can you find that help? Who might you ask? What changes have you considered? What could be obstacles to removing stress in your life? What solutions might the obstacles suggest?

Chapter 7: CONFESSIONS

1. What are some ways you could reach agencies to make them aware of your need and to discover what is needed to get on their lists so they can help you? Write down your own needs and questions...none are wrong.

Chapter 10: IT'S ABOUT WE

1. How have you seen yourself changing as the 'we' relationship fades away? Have you been able to find new things to do together? What new activities might you consider for yourself each day? In what ways have you adapted so that you are still feeling OK with yourself?

If you need help finding caregivers who might also be looking to form a support group, call dementia or Alzheimer Society groups, hospitals, churches, doctors or memory clinics. Suggest you are one person, or a group of caring people, looking for caring people to support one another. You might just be the support that many silent caregivers have been looking for.

I wish you wisdom, knowledge, hope and love. Judith Allen Shone

"Is There Any Ice Cream?, Surviving the Challenges of Caregiving for a Loved One with Alzheimers, Anxiety and COPD

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