

Questions for The Family Meeting

A Guide for Caregivers



It is always beneficial to prepare a list of questions ahead of the meeting. Choose a place that is neutral territory and where everyone feels welcome. The discussion should be held where **everyone feels safe expressing opinions** and concerns. **Minimize distractions** by putting your phone on do not disturb for the session, and ask your family members to do the same. **Leave time for questions** and plan on following up in writing on what was discussed and agreed upon. You may wish to **develop an email, text group, or telephone tree** for regular updates.

Below are a few questions to help you get the meeting going:

1. What is the latest report from the physician?
2. Can my ill relative live alone?
3. Should my ill relative move in with us?
4. Do they need to be in an assisted living facility or nursing home?
5. How can other family members help?
6. Is additional help (paid or unpaid) available?
7. How much will caregiving cost?
8. Who will cover the costs?
9. Who will be in charge of the finances?
10. What financial help is available from outside?
11. How much work can family members afford to miss?
12. Who will make decisions (e.g., financial, medical, hiring a caregiver, etc.), and how will they be made?
13. What sort of support does the primary caregiver need?
14. Who will help with meals, shopping, cleaning, laundry, etc.?
15. What kind of emotional support is available to caregivers and the person who is sick?
16. Who can help with chores—i.e., taking the ill person to doctor's appointments?
17. How will support needs change as the illness progresses?
18. What are the lists of tasks that need doing?
19. How can we contact the physician if we have additional questions?

After the meeting:

- Summarize what was discussed.
- Schedule the next meeting if needed.
- Summarize what activities were assigned to which people and distributed.

At MJHS, we value personal and professional caregivers and recognize your critical work. That is why we have created a series of online caregiving resources to help you through this crucial time in your life.

If you need additional help and support caring for your loved one, please get in touch with MJHS at **1-855-692-5058** or visit **www.mjhs.org/resources-for-caregivers/** or **scan the QR Code**. We can also recommend other care options through one of our programs.

