



FREE PRACTICAL TOOL

A Caregiver Conversation Starter

Words for checking in with someone you support while making space for their choices and your needs.

Start here

- 1 Begin with permission: “Is this a good time to check in about how things are going?”
- 2 Ask open questions before offering solutions.
- 3 Name what you can realistically offer and what you cannot carry alone.
- 4 Agree on one next step, one follow-up time, or one person who can help.

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