



When a relative wants updates you cannot keep giving

Share useful news without becoming a full-time call center.

A note from Victoria

People may be worried and still create extra work with repeated calls. Your time and the care recipient's privacy both matter.

What to do

Ask the person receiving care what they want shared and with whom, if they can decide. Choose one approved update channel and a realistic schedule. Ask another person to relay nonurgent news. Keep medical details out of group messages without consent. Check any formal decision-maker obligations separately.

Words you can use

"I will send an update on [day] after I have confirmed what [name] wants shared. Please use [person] for routine questions in between."

One useful step I can take today:

I could start with: Choose one update rhythm you can sustain and one person who can help distribute it.

The strength I see in you

A boundary around updates leaves more of you available for actual care.



CAREGIVING | WORKSHEET

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Use this page in your own words. You can leave any part blank.

What the person wants shared

A sustainable update schedule

Who can help relay routine news

My next manageable step

A person, service, or place I can turn to (if useful)

Peer support and organization, not medical or legal advice. Follow the treating team's instructions. For urgent danger or symptoms, contact emergency services or the clinician.