**Do You Want Me to Push You?**

***Caregiving/Care Receiving and Communication***

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**Understanding Caregiving Dynamics**

**Caregivers:**

1. Who do you care for?
2. What motivates you to provide care?
3. What assumptions do you make about the person you’re caring for?
4. How do you determine when to step in and help? What signs do you look for?
5. How has your relationship changed with the person you are caring for since you have taken over this role?

**Care Receivers:**

1. What does receiving care mean to you? How do you feel about it?
2. Are there things you wish your caregiver understood better about your needs?
3. How do you typically communicate when you do or don’t want help?
4. How do you verbalize your mental and physical needs to your family, friends and caregivers?

**Recognizing and Communicating Needs**

**Caregivers:**

1. Think of a recent time when you stepped in to help. Did the person want your help? How did you know?
2. What are some ways you can ensure your support matches their actual needs?
3. How do you balance your needs with your loved one’s needs while caring for them?

**Care Receivers:**

1. Reflect on a time when someone gave you care you didn’t want. How did you handle it? How did it make you feel?
2. What is one thing you could say to a caregiver to clearly express your needs or boundaries?
3. How do you manage conflict with your caregiver when it arises?

**Affirmations for Caregivers and Care Receivers**

**Caregivers:**

* I offer care with love, not control.
* I respect the autonomy of the person I’m caring for.
* It is okay for me to seek help while caring for my loved one.

**Care Receivers:**

* I deserve to have my needs heard and respected.
* It is okay to ask for help when I need it and to say no when I don’t.
* Just because I ask for help does not mean that I am worth less than others.