

Care for your Loved One

2025 December WorkLife Services Newsletter



Caring for a loved one is a deeply personal decision, and ensuring it's the right fit for both you and your loved one depends on several factors. Here are some key considerations to help you assess whether it's a good fit:

Assess the Needs of Your Loved One

- **Physical Needs:** Do they require help with daily activities like bathing, dressing, cooking, or mobility?
- **Medical Needs:** Can you manage their medical conditions, medications, or appointments?
- **Emotional Needs:** Are you equipped to provide emotional support and companionship?



Evaluate Your Capacity

- **Time Commitment:** Do you have the time to provide care while balancing other responsibilities like work or family?
- **Skills:** Are you comfortable learning the skills needed for their care (e.g., medical tasks, physical therapy)?
- **Emotional Resilience:** Can you handle the emotional toll of caregiving without it negatively affecting your well-being?

Consider Your Relationship

- Is your relationship strong and healthy, making caregiving a natural extension of your bond?
- Are there past conflicts or dynamics that might make caregiving stressful for you or them?

Explore Alternatives

- Would professional care, part-time home assistance, or a care facility be a better fit for their needs and your abilities?
- Are there other family members or resources that could share the caregiving responsibilities?

Plan for Support

- **Family & Friends:** Do you have a support system to step in when you need help?
- **Community Resources:** Are there local services like respite care, meal delivery, or support groups?
- **Self-Care:** Will you be able to prioritize your physical and emotional health?

Talk with Your Loved One

- Discuss their preferences and concerns openly. Do they feel comfortable with you as their primary caregiver, or would they prefer another option?