

Caregivers' Cove

Many caregivers wear several hats. Monitor if your responsibilities are increasing.¹

What is/are your caregiving roles?

- Housekeeper
 - Confidant
 - Chef
 - Treasurer
 - Chauffeur
 - Care Coordinator
 - Nurse
- ...and/or others.

Setting boundaries²

- is about making some important decisions for yourself
- clarify what your duty covers, or not.
- marks where your job stops while someone else's begins.
- is healthy and fair in taking care of everyone.

Getting Realistic²

- What has worked or not for you in the past?
- What feels more important for you?
- What would you need to be healthy and happy?

How Should I Put It²

- "My concern is..."
- "I need to...so I can't."
- "I need to think about it. Let me get back to you."
- "I am sorry but it won't work for me."
- "I can't do this, but I can try that."



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看护者港湾

许多看护者扮演几个角色。如果您责任日渐增加，敬请留意¹。

您有哪些看护责任？

- 管家
- 知己
- 主厨
- 财政官
- 个人司机
- 护理协调员
- 护士
- 。。。和/或其他。

划分健康界限²

- 是为您自己作健康和重要的决定。
- 澄清您职责包括或不包括什么。
- 划定您职责几时终止，而别人职责接着开始。
- 照顾所有人，即健康又公平。

实际问题²

- 从前有什么行或行不通的？
- 您个人觉得什么比较重要？
- 您怎样才会保持健康愉快？

怎么说呢²

- “我的顾虑是。。。”
- “我需要。。。所以不能。”
- “我需要想想。迟点再答复你。”
- “对不起这我不行。”
- “这我不行，但我可以尝试那样做。”



图像源：Unsplash



Building Stronger Communities, Together

1. "Setting Healthy Boundaries as a Family Caregiver", <https://companionsforseniors.com/2020/04/set-healthy-boundaries-caregiver/>, 31 Aug 2022
 2. "Boundaries and Responsibility", <https://justinspiring.org/2021/05/19/boundaries-and-responsibility/>, 1 Sep 2022