

Activity – CARE Coaching through Long Distance Caregiving

Read the following scenario and then respond to the CARE coaching questions. We provide some initial “openers” for CARE coaching questions for you to more fully develop your own questions.

(insert activity - CARE Coaching through Long Distance Caregiving)

Visiting your parents last week, you were confronted some harsh realities. Your 84- and 85-year old parents seem to be “slipping.” Checks weren’t cashed, bills weren’t paid, the cat’s litter box was dirty, and there wasn’t much food in the refrigerator. Your parents always kept a “spotless” home. Your mother also seems depressed and has little interest in eating or going out of the house, so you are also concerned that she is not taking care of herself.

Complicating matters is the fact that you live 4 hours away and your new work responsibilities do not allow you to take off some time to spend with them and help out. From your numerous past experiences bringing up the topic of “getting them help in their home,” you know that addressing this topic is not easy and is met with great resistance. Whether the underlying issue is fear of strangers being in their home, fear of becoming dependent, or just a strong belief that “I’m not about to accept outside help!” the bottom line is that things are going to get worse. You decide to approach the situation with CARE Coaching instead.

You: With my new work responsibilities, I’m finding it more difficult to have time to spend with my household responsibilities. I’ve been thinking about having someone come in and help with cleaning once a week.”

Mom: Aren’t you afraid of having a stranger in your house?

You: I would hire a reputable agency to do the work. My neighbor has been working with such an agency for over 5 years and has consistent help.

Mom: (looking around the house) I used to be able to keep things cleaner, but I get so tired, and your dad’s memory is getting worse by the day.

Self-Coaching Hint: Keep the focus on your parent – what’s important to him or her and what he or she is wanting from the situation. Going back to the focus on yourself (“I think you should do...”) will build up the defensive posture.

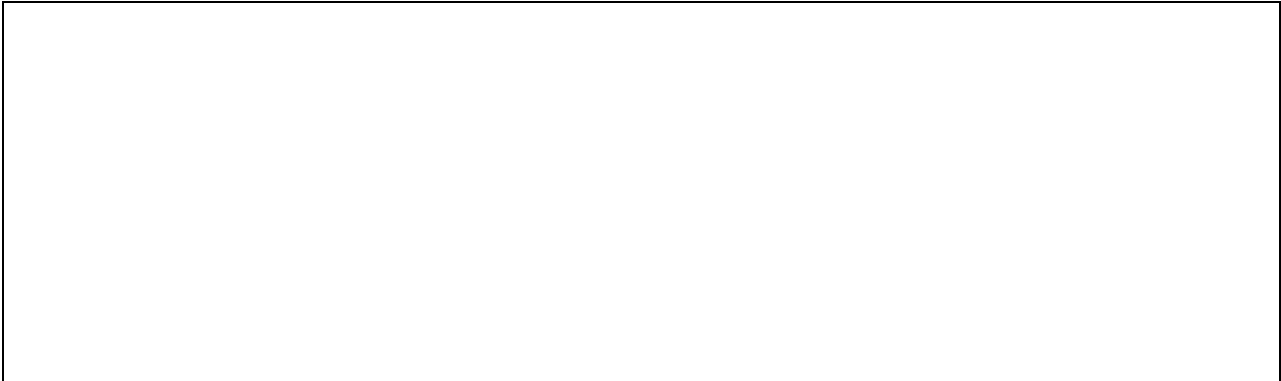
*Using CARE Coaching questions, how would you move the conversation forward?
(example CARE Coaching openers):*

- *What’s most important to you when you talk about....?*
- *When you talk about/think about....., what are you wanting from.....?*
- *Can you say more about...?*

Your mom reveals that your dad has just not been himself lately. She states that he wakes up at night and is confused where he is and who she is. She says that she is afraid to talk to anyone about this.

*Using CARE Coaching questions, how would you next move the conversation forward?
(example CARE Coaching questions):*

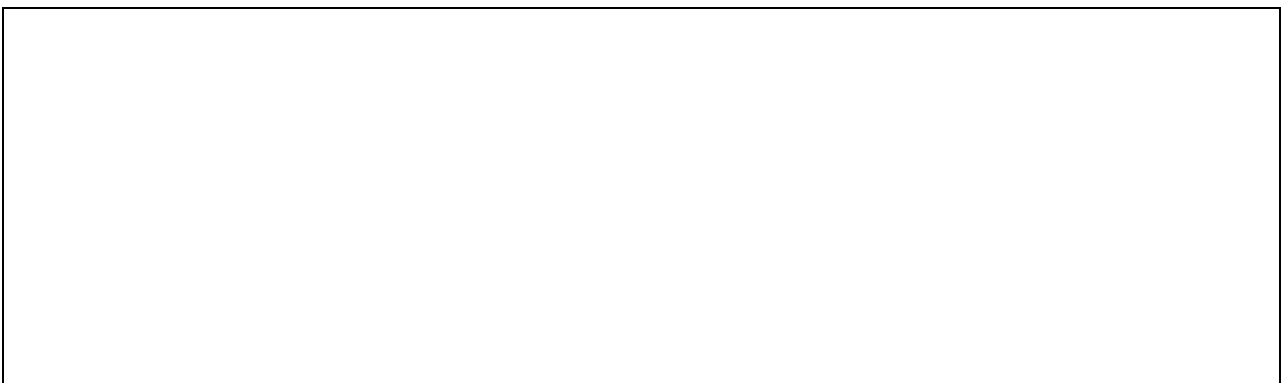
- *When you talk about/think about....., what do you want from....?*
- *Knowing what's important to you, what are you wanting from....?*
- *What are you hoping from this situation....?*



In continuing the discussion, you are learning that the fears are not so much centered on “strangers in the home” or “feeling shamed by accepting help.” Rather, the fear centers around becoming dependent on others and embarrassment that the neighbors will “see that dad has changed.”

*Using CARE Coaching questions, how would you next move the conversation forward?
(example CARE Coaching questions):*

- *Taking a look at what you just said...what do you want from...?*
- *When you say....what does that look like for you?*
- *What do you want to get out of.....?*



Your mom's responses are telling you that she is open to outside help, but admits that she doesn't know where to start looking.

Using CARE Coaching questions, how would you next move the conversation forward?

- *How would you ask your mom about her goals?*
- *How about asking her what she needs to get there?*
- *What about follow-up and next steps?*

A large, empty rectangular box with a thin black border, intended for a student to write their response to the questions listed above.