

## Activity Sheet: Questions for Small Group Discussion

Divide participants into small groups. Cut questions apart to distribute to each group.

Using questions and the workbook, ask groups to discuss and record response. At agreed upon time, small groups return to larger group for general reporting and discussion.

Pages 24-25

Select one "area of need" on the left side of the pages. *Who do you think would be a good 'point person' for either your care or your loved one's care?* Share reasons for your selections (i.e. financial expertise, etc.)

Pages 26

Do you already have these items in a file either for yourself or for a person for whom you care? If so, do family members know where the file is located?

Page 27

Why is the information listed on these pages helpful for a caregiver? What other home maintenance information might be important for a caregiver to know?

Pages 28-30

What kinds of information listed on these pages have you ever used to help the person for whom you care? For new caregivers of older adults, how might this information be useful?

Page 31

What do you think are challenges for having the 'no more driving the car' conversation with an older family member? How should we best handle this and similar challenges? What are other difficult conversations to start?

Summary of the Workbook

Do you have the materials listed in this workbook in a location freely accessible by you? Do family members know the location and contents? What is one program listed on page 33 that you would like to learn more about? How would you get more information about it?

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