

# Questions for Reflection

1 Think about a change that has occurred in your life. What process did you go through in making the change? Was it your choice? Did it turn out better or worse than you expected? What helped?

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2 What changes have you noticed in the person you are caring for in the last few months? What changes do you expect in the months to come?

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3 How do you feel about these changes?

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4 What will you do to help you and the person you are caring for adapt to these changes? Who can you ask for help?

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