



Pattern of Caregiver Development

Caregivers are not innately endowed with the ability to deliver tasks of care, but they typically grow into an emerging caregiver role. The pattern of caregiver development can be marked by recurring dimensions of 1: Being, 2: Connecting, 3: Trying, 4: Adjusting, and 5: Committing.

Use these questions to evaluate the five dimensions of your own caregiver development.

THE PERSONAL — **BEING**

encompasses the traits as well as the presence of the caregiver.

What personal traits and qualities do you bring to caregiving?

What have you learned about the importance of being present as a caregiver?

What values are manifested in being there for your care receiver?

THE RELATIONAL — **CONNECTING**

comprises the interactions between the caregiver and care receiver.

Why does connecting with your care receiver continue to matter?

How has connecting with your care receiver changed over time?

How are you meaningfully connecting with others outside of the care relationship?

THE BEHAVIORAL — **TRYING**

references the caregiver's efforts to provide whatever care is required by the care receiver.

How has trying enabled you to deliver the care required by your care receiver?

Why is trying an ongoing aspect of your caregiving experience?

What is a care-related task which, thanks only to trying, you can now perform?

THE EXPERIMENTAL — **ADJUSTING**

is a process of adapting caregiver efforts after learning what works and what does not work in the provision of care.

How important have adjustments been in helping your care receiver?

What adjustments will be required to further provide for your care receiver?

What adjustments may be necessary for you to better care for yourself?

THE MOTIVATIONAL — **COMMITTING**

represents the caregiver's pledge to repeat the cycle again and again, as long as the care receiver needs assistance.

What originally prompted you to begin caring for your care receiver?

Why are you continuing to provide care to your care receiver?

How has your enduring commitment to caregiving changed your perspectives?