QUESTIONS TO ASK
Patients Who May Have a Young Caregiver in Their Life

HEALTH PROFESSIONALS

Questions to ask patients with disabilities about their family situations is a difficult topic to cover due to the incredibly variable amount of individuality that each patient brings to the table. As such the Young Caregivers Association has put together this brief overview of some questions that can be asked.

This topic, and the questions that should be asked, are also very dependent on the age group of the patient, their knowledge and understanding of their situation and how good the rapport you have with them may be. Each case is entirely unique, and flexibility is key when working with individuals who are going through a trying time or suffering from a chronic disability.

As a rule of thumb, concise questions that get to the point seem to work best, especially when working with younger patients as their understanding may not be able to grasp more elaborately worded questions.

Questions to ask may be:

- *"Does your family support you at home?"*
  - *"Who are the members of your family you feel support you the most?"*
  - *"Are there any children or youth in your home who are impacted or help support you?"*

- *"What does it look like when your family checks in you how you are doing and how you are feeling?"*

- *"Is there any support outside of what your family provides that you feel would be helpful?"*

YOUNG caregivers™ ASSOCIATION

- *"Are there any emotional supports that you feel could be improved or provided to you?"*
- *"Have there been any large changes in family dynamics recently?"*
- *"Do you feel that the family members who support you have enough support of their own as well?"*
- *"Has your family ever received a referral for outside support, such as Young Caregivers Association?"*

ADDITIONAL CONSIDERATIONS:

There are a near-infinite amount of questions that could be asked, but so many of them are very case specific. These, therefore, are just some **basic ideas** that can be taken and reworded to suit the individual case.

Finally, ensuring that not only their verbal answers are being heard is key. **Non-verbal communication** speaks volumes about what someone is feeling in their situation and can be key to how you change your questioning.

If a family member is attending appointments with the individual, including children and youth, it can be helpful to **include them in these conversations.**

To learn more about how you can help provide support to a young caregiver, visit **YoungCaregivers.ca/KnowledgeCentre**

YOUNG caregivers™ ASSOCIATION