

BEGIN AGAIN LIVING MINISTRIES

Questions Caregivers Should Ask the Care Team

A practical guide for safer care and clearer communication

A COMPLIMENTARY GUIDE FOR FAMILY CAREGIVERS

Compassionate guidance for caregiving, grief, and end-of-life transitions.

From Diagnosis to Goodbye™

Questions Caregivers Should Ask the Care Team

Caregivers are often expected to carry out complex plans at home. Asking clear questions can prevent confusion, reveal unmet needs, and help the team understand what is realistic for the caregiver.

Use this guide as a starting point for conversation. Individual needs and care plans may differ.

1. Understanding the condition

Ask: What changes should we expect? Which symptoms are urgent? What information should I track between visits?

2. Medications

Ask: What is each medication for? When should it be given? What side effects or interactions should we report? What if a dose is missed or refused?

3. Hands-on care

Ask for demonstration and teach-back before performing transfers, wound care, equipment use, feeding, or other unfamiliar tasks.

Practical Guidance

1. Safety and equipment

Ask: What equipment is needed? Who supplies it? How do we prevent falls, injuries, skin problems, or caregiver strain?

2. Support and respite

Ask about home health, hospice, social work, therapy, transportation, meal support, respite, caregiver groups, and community resources.

3. When the plan is no longer manageable

Say directly: "I cannot safely continue this part of the plan." Ask what alternatives exist and document the next steps and contact person.

My Next Steps

- ☐ Bring an updated medication and question list to appointments.
- ☐ Take notes or ask permission to include another trusted person by phone.
- ☐ Repeat instructions back to confirm understanding.
- ☐ Request written guidance and interpreter services when needed.
- ☐ Know whom to call during the day, after hours, and in an emergency.

You do not have to carry this journey alone. Support is available, and asking for help is an act of care.

About Begin Again Living Ministries

Begin Again Living Ministries offers compassionate education and support for individuals, families, caregivers, churches, and organizations navigating grief, caregiving, stress, and end-of-life transitions.

Visit: balministries.org

Copyright and Use

Copyright © 2026 Derrick A. Hall. All rights reserved. From Diagnosis to Goodbye™ is a trademark of Derrick A. Hall. These materials are made available by Begin Again Living Ministries with permission. This guide may be downloaded and printed for personal, noncommercial use. It may not be sold, altered, reproduced in bulk, or redistributed without written permission.

This resource provides general educational and spiritual-support information and is not medical, mental-health, legal, or emergency advice. Contact an appropriate licensed professional for individualized guidance. In an emergency, call 911 or your local emergency service.