

BEGIN AGAIN LIVING MINISTRIES

Setting Healthy Boundaries as a Caregiver

Protecting capacity while continuing to provide compassionate care

A COMPLIMENTARY GUIDE FOR FAMILY CAREGIVERS

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

From Diagnosis to Goodbye™

Setting Healthy Boundaries as a Caregiver

A boundary is a clear statement about what you can do, cannot do, and what support is required. Healthy limits are not abandonment; they help prevent unsafe or unsustainable caregiving.

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

1. Notice where limits are being exceeded

Pay attention to tasks that threaten sleep, health, employment, finances, safety, or the ability to provide respectful care.

2. Use direct and compassionate language

Try: "I can help with appointments on Mondays, but I cannot provide overnight care. We need another plan for nights."

3. Separate love from unlimited availability

Caring deeply does not create endless physical, emotional, or financial capacity. A limit can coexist with love.

Practical Guidance

1. Expect discomfort and repetition

Others may resist a new boundary. State it calmly, avoid overexplaining, and repeat the practical next step.

2. Connect boundaries to alternatives

Ask relatives, the care team, community programs, paid caregivers, respite services, transportation programs, or faith-community volunteers about options.

3. Respond to unsafe expectations

Do not attempt transfers, medication tasks, or supervision beyond your training or capacity. Tell the care team when the plan is no longer safe.

My Next Steps

- ☐ Identify one task that is no longer sustainable.
- ☐ Write one clear boundary sentence.
- ☐ Name the person or professional who needs to hear it.
- ☐ Identify one alternative or resource to explore.
- ☐ Choose a date to communicate the boundary.

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

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