

# Looking Back at Your Time



While caregiving, you may find yourself looking back at your relationship with the person who receives your care. Remembering the story of your life with another can help you find peace, a sense of accomplishment, meaning and purpose. Both good and bad times hold lessons for now. Consider sharing your thoughts and reflections with the person you are caring for or with others.

- What are your fondest memories of your life with the person you assist?
- What are your saddest memories of your life together?
- What are some of the “defining moments” of your life together?
- How has being with this person changed your life?
- What has this person taught you?
- What do you treasure the most about your time together now?
- What will you miss the most when he or she is no longer here with you?
- What strengths have you gained through caregiving that will help you adjust to life without this person?

If you would like to capture your memories and reflections in a more formal way, our volunteer program would be honored to help. Volunteers will work with you to create a video, written journal, or photo memory album. For more information, ask any member of your care team.

