

Care Giving Dilemmas

Point of the Assignment: 1) Help you consider some alternatives for dealing with challenge of not having a ‘baby sitter’ for your children, dependent elders, ‘special needs’ adults/children, and/or pets.

Why This Activity?:

Often times care givers (or parents) find they have to miss going to work, school, or some other important activity when their primary care giver is unexpectedly unavailable, assuming they have no options. However, with a little advance planning and creative thinking, some care givers can discover they have more options than they originally considered.

There will always be times when your primary care giver is not going to be available, so it is important to have a ‘back-up plan’. The idea is to have several options available. Also take into consideration that some people may be willing to be your ‘emergency’ caregiver (done on occasional basis rather than on a daily basis).

Family	Friends	Community	Institutions
Spouse	Your friend(s)	Neighbors	Their school
Parent(s)	The kid’s friends’	Church/place of worship	Their daycare center
In-laws	parents	Classmates	City/County social service agencies
Siblings	Friends of family	Co-workers	‘Respite care providers’ (for special needs)
Cousins	members	Paid caregivers	Temporary/foster care providers (for pets)
Aunts/Uncles	Friends of friends	Your school/ employer’s daycare center	Kennels (for pets)
Other relatives			

Your Goal: Identify multiple options for primary, back up, emergency and back-up emergency caregivers that you can call when you run into caregiving challenges.

1. **Primary:** Who is the primary caretaker who takes care of them most of the time?

2. **Backup?** Who can you call when the primary caregiver is not available?

3. **Emergency?** Who can be counted on for occasional situations, but would not/should not be depended upon on a regular basis?

4. **Back-up Emergency?** Who could you contact on a ‘last-resort, emergency’ basis?

Test your understanding:

What is the main point of this assignment?

Why were you expected to do this exercise?

What type of person would need to do this exercise?

How well do you fit the profile of the person for whom this assignment was created?

Reflection: *(Write down your response after completing this assignment.)*
