

Caregiver Compass

\$1,550 (up to four family members + loved one interview)
+\$200 per additional participant

A structured family reflection process designed to clarify caregiving capacity, strengths, and limitations before crisis forces clarity.

Caregiving Compass helps families move beyond assumptions and good intentions to **a realistic understanding of what each member can sustainably offer**. Rather than focusing solely on wishes or documents, this process examines emotional stamina, practical constraints, communication patterns, and unspoken expectations.

The goal is not to assign roles, but to surface strengths, identify risk areas, and create shared transparency around caregiving aptitude and boundaries.

Ideal For

- Adult siblings navigating shared responsibility
- Families anticipating cognitive or health decline
- Blended or geographically dispersed families
- Situations where expectations feel unclear
- Families seeking proactive alignment before crisis

What's Included

A private 30-minute recorded interview with the loved one exploring:

- Values, priorities, and personal identity; concerns about aging, care, and autonomy.

Each family member (up to four participants) participates in a private group 60-minute recorded session exploring:

- Personal strengths and limits in caregiving
- Emotional triggers and stress tolerance
- Availability (geographic, financial, relational)
- Assumptions about roles and responsibilities
- Areas of hesitation or concern

This facilitated family session aims to provide mutual understanding for solutions by:

- Surfacing patterns and differences constructively
- Clarifying realistic caregiving roles
- Identifying potential friction points
- Strengthening transparency and alignment
- Establishing preliminary communication guidelines

Specifics

- One 60-minute recorded facilitated group session
- Light, non-substantive video edits
- Secure delivery of all recordings

Structured Caregiving Capacity Report summarizing:

- Strengths and competencies
- Capacity thresholds
- Risk areas
- Communication dynamics
- Recommended next steps
- Optional USB copies available (+\$45 per recording)



Lucidity Family Services