

# Caregiver Compass

\$1,350 (up to four family members)  
+\$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

An extended five-session process for living deliberately in light of what matters most.

Individual Consultations (up to four participants)

Each family member participates in a private 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

## Facilitated Family Session

A 60-minute recorded group conversation that:

- Surfaces patterns and differences constructively
- Clarifies realistic caregiving roles
- Identifies potential friction points
- Strengthens transparency and alignment
- Establishes preliminary communication guidelines

## Specifics

- Up to four 60-minute individual recorded sessions
- 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*