

## **Care Recipient Commitment**

### **For My Future Caregivers**

*I realize that as I age, my physical and/or cognitive abilities may decline and I may no longer be able to function as independently as I would prefer. I realize at some point I may no longer be logical nor my demeanor cooperative. So now, while I am still able to think logically and be clear about my true wishes and intentions, I make the following commitment:*

*I commit to having direct conversations with family members about my wishes and do advance planning such as creating a will, naming a power of attorney, making a living will in order to minimize the confusion, questions and disagreement about my care.*

*I understand you love me, and that caring for me may pose a difficult and challenging task. I want to make it as easy and guilt free as possible. Know that I love you and appreciate all that you do for me.*

*I expect that you will consider my wishes, planning documents and my best interests as you make decisions.*

*I understand you must take care of yourselves, maintain your own interests, work and other relationships.*

*I understand that the changing roles and the need for providing me with intimate and personal care may be emotionally difficult.*

*I understand that finances must be considered when deciding on the best care options.*

*I understand that it may not be possible for me to remain in my home in order to receive the best care.*

*I understand that I should not blame you for the decline in my abilities or for my need for more care.*

*I understand that it may not be possible for my family members to provide all of my direct care.*

*I commit to doing all I can, to maintain a positive outlook and accept my aging and potential decline graciously and with determination to make the best of the circumstances.*

Love,

**Jane**