

Caregiver Check-In

Helpful questions to improve communication between people living with CIDP and their caregivers



Consider asking each other these questions to learn from obstacles, celebrate wins, and ensure you're both on the same page as you navigate life with CIDP (chronic inflammatory demyelinating polyneuropathy) together.



01.

How has our communication been lately?
In what ways can we improve?



02.

Is there anything that has recently frustrated, upset, or concerned you? If so, how can I give you more support?



03.

How have you been taking care of yourself lately? How can you prioritize self-care moving forward?



04.

What's something positive we can celebrate together?
(No accomplishment is too small)



When a doctor appointment is approaching, set aside time to prepare discussion topics together, such as:

- Changes in symptoms/abilities
- Treatment options
- Questions/concerns