

GETTING TO KNOW THE CAREGIVER

Bingo Conversations

Start in the free space. Choose a question to reflect on or discuss with your partner. Mark an X after each conversation. Share only what feels comfortable. Go at your own pace.

B	I	N	G	O
What would you like someone to know about you?	What did you enjoy before becoming a caregiver?	What still makes you laugh?	What is a favorite memory you enjoy sharing?	What song always lifts your spirits?
What do you enjoy doing in your free time?	What is something you are proud of?	What is a favorite place you have visited?	What food brings back happy memories?	What is something you would like to learn?
Who has made a positive difference in your life?	What helps you feel comfortable with someone new?	FREE SPACE Start here: Visit Mighty Caregivers edgeumc.com/mightycaregivers	What does a good day look like for you?	What helps you feel like yourself?
What would you like to share about your caregiving journey?	What is one part of caregiving you find meaningful?	What do you wish others understood about your day?	What kind of encouragement feels helpful to you?	Would you rather talk by phone, text, or another way?
What helps you unwind after a difficult day?	What is one small thing you look forward to?	What would you enjoy making more time for?	What would you like to ask your partner?	What would you like to talk about next time?