



## Working Daughter: A Guide to Caring for Your Aging Parents While Making A Living

### Discussion Guide

*Working Daughter* lends itself to both personal and workplace discussions. Here is a list of questions to get the conversation started.

1. **Career**—*Working Daughter* is the story of one woman’s struggle to care for her parents without losing her job.
  - After reading the book, what do you think? Are career and care compatible?
  - Why or why not?
2. **Acceptance**—In Chapter 1, the author says she ultimately chose to be a caregiver.
  - Do you agree that caregiving is a choice?
  - Why or why not?
3. **Daughter Wars**—On page 62, the author says if we’re not careful, we could launch into daughter wars similar to the so-called “mommy wars.”
  - Have you ever felt judged about your caregiving choices?
4. **Men**—*Working Daughter* focuses on the impact of caregiving on women, but they aren’t the only ones affected. Forty percent of caregivers are men.
  - What differences and similarities do you see between working daughters and sons?
5. **Disruption**—In Chapter 7, the author talks about the need to disrupt caregiving as we know it and advocate for workplace and legislative policies that better support families.
  - What changes would you like to see in support of caregiving?



6. **The “Conversation”**—Throughout the book, the author offers suggestions on how to have difficult conversations with aging parents.

- Have you discussed end of life planning with the people you care for?

7. **Self-care**—In Chapter 8, the author shares 50 ideas for practicing self-care.

- Do you practice self-care? If yes, what do you do?
- If not, do you think there are limiting beliefs holding you back?

8. **Your plan**—In Chapter 9 the author outlines steps for planning your own older age and end of life. Has caregiving motivated you to create a plan?

9. **Storytelling**—The author talks about the power of personal narratives; the stories we tell ourselves make an impact.

- What’s your caregiving story?
- How does it help or hinder you?

10. **The Caregiver’s Gain**—The author shares research on the caregiver’s gain: the upside of caregiving.

- What, if any, positive benefits have you experienced from caregiving?