

Sample Questions for Merle Griff Interview on *Solace in the Storm*

1. **Caregiving Challenges:** In your book, you discuss various challenges of caregiving across different life stages. Is there one constant thread that runs through all these stages of caregiving?
2. **Caregiving and Mental Health:** How do you think caregiving impacts the mental health of caregivers, and what strategies do you suggest for managing this?
3. **Advice for New Caregivers:** For someone just starting their journey as a caregiver, what is the most important piece of advice you would offer?
4. **Balancing Caregiving and Personal Life:** Many caregivers struggle to balance their responsibilities with personal life. What guidance does your book offer in this regard?
5. **Evolution of Caregiving:** How have you seen the role and perception of caregiving evolve over your career, and what future changes do you anticipate?
6. **Integration of SarahCare Philosophy:** How does "Solace in the Storm" incorporate the philosophy and approach of SarahCare?
7. **Reader Impact and Feedback:** Can you share a particularly memorable story or response from a reader who was deeply affected by your book?
8. **Caregiving Policy and Advocacy:** In your view, what are the most pressing policy changes needed to support caregivers today?
9. **Incorporating Humor and Joy:** Caregiving can be a challenging journey. How do you suggest caregivers find moments of humor and joy?
10. **Message for Healthcare Professionals:** What message do you have for healthcare professionals about supporting caregivers, based on the insights from your book?