

NGU Caregiver Notes

When you're the "responsible adult" (but still feel 15 inside)

Landing

Feeling like a kid inside while caring for another human is your reality, not your failure. If you're part of the never-grew-up community, you know the particular shape of this: you're the one with the insurance card, the medication list, the phone number for the doctor. You're the "responsible adult." And then you get home and you want to curl up with a comfort show and a plush you've had since you were seven. This isn't a contradiction. It's the two of you, and both are real. This guide is a collection of real strategies from the Never-Grew-Up community, adapted for caregiving.

- Scripts for when words fail
- The sensory-safe caregiving kit
- Permission slips to read out loud
- Questions to find your one person

For the Doctor's Office

I'm calling on behalf of [name]. I have their insurance card and medication list in front of me. What information do you need?

For a Family Member Who Judges You

I'm doing this the only way I know how. If you'd like to help, here's one specific thing you can take off my plate.

For Your Brain When It Says You Can't

I am allowed to feel like a kid and still be competent. These things are not opposites.

NEW: The "Allowed to Feel Like a Kid" Brain Script

I'm watching this show because it makes me feel safe, and I'm handling the medication schedule because I love them. Both of these are true. Neither one makes the other less real.

NEW: Explaining Your Comfort Object to a Nurse

This is my coping tool. It helps me stay regulated during appointments. It's not a problem – it's part of how I show up.

The Sensory-Safe Caregiving Kit

Ten items, with the "why it helps" column.

Item	Why it helps
Noise-canceling earbuds	Waiting rooms are loud and unpredictable; this gives you a wall of quiet
A small comfort object (keychain plush, fidget ring, smooth stone)	Regulation on demand, in your pocket
Sunglasses	Hospitals are bright; light is a sensory load you don't need
Pre-written scripts on your phone	Words fail under pressure; these are your backup
A 3-minute timer app	A visible endpoint makes the hard stretch survivable
A snack that doesn't need utensils	You will not remember to eat; this removes the barrier
A comfort show downloaded offline	A familiar show is a regulated nervous system
A small notebook + pen	The phone call log, the worry list, the "say this out loud" notes
One photo of who you are outside caregiving	A reminder that a whole person is in the room
A list of 3 things you're allowed to skip today	Permission, written down, so the guilt has less room

Permission Slips (Read These Out Loud)

I give myself permission to feel like a child inside while caring for another human. This is my reality, not my failure.

I give myself permission to use comfort objects, scripts, and sensory tools. These are accommodations, not regressions.

I give myself permission to be exhausted, resentful, and loving all at once. Contradictions are allowed.

I give myself permission to not have it together. Neither does anyone else – they're just better at pretending.

I give myself permission to \\.

Fill it in. Read it out loud. That counts.

Questions to Find Your One Person

- **"Do you know anyone else who feels younger inside than they look on the outside?"**
- **"Do you ever feel like you're playing a role you didn't audition for?"**
- **"What's your favorite comfort show?"**

Find someone who says yes, and keep them close.

- **/blog/ngu-caregiver-perpetual-teen**
- **/blog/competent-outside-hollow-inside**
- **/blog/loving-someone-who-never-grew-up**
- **Remember: The kid inside you isn't a problem to fix. It's the reason you can be tender with someone who needs you. That's not a bug in you – it's part of how you love.**

From The Unadulthood Society | sfwagere.com By Laynee Davis