

What This Is Costing You

Every invoice in this story measures something. What never appears on any of them is everything that happened around them: the calls made on a lunch break, the meeting not taken, the night spent awake running through what a substitute might not know.

A cost with no formal place to go is invisible to everyone except the person carrying it. That is what makes it easy for a family to underestimate what one member is absorbing, including their own.

This month	Hours	What it displaced
Phone calls and paperwork		
Appointments attended		
Hands-on care		
Coordinating between providers		
Nights interrupted		
Money out of pocket		

What have you stopped doing since this started?

Who else in the family knows any of this?
