

CAREGIVER WORKSHEET

My caregiving responsibilities include:

(Remember to include such jobs as cooking, yard work, home and auto maintenance, paperwork, doctor's appointments, laundry, etc. as well as physical care. Use extra paper if necessary.)

"Seeing [your caregiving worries] in black and white...allows you to think more rationally about your concerns and understand how getting help with some of your tasks might lessen the stress."

~National Family Caregivers Association~

My biggest worries are:

I can divide caregiving tasks into the following categories:

Things I can't hand off

Tasks I enjoy or that give me satisfaction

Responsibilities I find difficult or overwhelming

Miscellaneous things that just have to get done

I will ask someone to help me with the following tasks:

My possible sources of help include:

Volunteer: family, friends, neighbors, church, etc.

Paid help: respite programs, home health/housekeeping agencies, etc.

Public Assistance Programs e.g. Family Care (call for 833-8777 for Options Counseling)

Some brief principles of effective communication: Use "I" messages. Be specific. Describe your need objectively without seeming critical. Start by saying, "I need help."

When requesting help I can say something like:

"When people offer to help, be ready to give them a date and time when they are needed." ~Dick Stone, Oklahoma City, OK

Tasks I can give people when they offer help:

I will show this worksheet to:

(A friend, support group, caregiver support specialist, therapist, clergy person, etc.) And I will ask for suggestions and support.

REMEMBER:
Caregiving is not a one-person job. Asking for help is a sign of STRENGTH.
IT WILL GET EASIER.