



Caregiver Needs



Setting Good Boundaries

When do you like to get most of your work done? By what time do you like to be done with work each day?

What caregiving tasks are you not responsible for? Who is responsible for them?

Asking for Help

When you feel overwhelmed, who can you call?

What tasks can you get help with? Who can help with them?

Prioritizing Self-Care

What times have you set aside daily, weekly and monthly for self-care?

What routines are essential to maintaining your physical, mental, emotional and spiritual well-being?
