

Caregiver Worksheet

To assess your use of caregiver self-help strategies, fill out the worksheet below. First, check the strategies you have tried already and rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful). Also, check the strategies you want to try in the future. Then, using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
Adequate rest			
Exercise			
Adequate nutrition			
Accepting / hiring help			
Time for self			
Time with friends			
Professional help			
Acknowledge losses			
Develop new shared activities			

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