

Self-Check Tool for a Caregiver

We all have good days and bad days. This tool can help you decide when to reach out to your CTN or other sources of support for more help or information!

EXCELLENT — KEEP UP THE GOOD WORK!



☐ Staying active



☐ Eating a balanced diet



☐ Staying socially connected



☐ Sleeping well



☐ Having time to yourself

Continue: Learning about the disease, preparing for the future, making legal and financial plans, facing changes with courage and creativity, having regular follow-up visits with your doctor

PAY ATTENTION — USE CAUTION...



☐ Losing your temper frequently



☐ Feeling unsupported or resentful



☐ Trouble sleeping



☐ Weight loss/gain



☐ Feeling overwhelmed



☐ Feeling lonely or isolated



☐ Neglecting your own health

Check in: Talk to someone, practice asking for help and delegating tasks, join a support group, try short-term respite or hiring in-home help, re-evaluate priorities and expectations, and tell your doctor about your challenges

WARNING ALERT — SEEK HELP!



☐ Feeling hopeless or despair about the future



☐ Thoughts of hurting yourself or others



☐ Not sleeping or sleeping all the time



☐ Acting aggressively towards or restraining patient

Contact a back-up caregiver, consult with therapist or case manager, seek emergency help if needed, call 24/7 Alzheimer's Association hotline (1.800.272.3900), make an appointment with your doctor as soon as possible