

The Caregiver Well-Being Checklist

Below are some suggestions for improving your well-being. You may want to start with one item and build up to a few. Select the ones that you feel will benefit you the most. Remember— if you don't get to your goal there is no guilt— just something to strive towards as you are able.

- I am getting out/exercising at least twice a week.
- I am getting at least 7 to 9 hours of restful, sound sleep per night.
- I am eating 3 balanced meals a day, or 4 to 5 small nutritious meals per day.
- I have kept up with my hobby or special interest.
- I acknowledge my feelings as they come up.
- I talk with or visit up to 3 friends or relatives weekly.
- I do something special for myself at least once per week.
- My legal and financial papers, including Wills are in order and available.
- I keep my annual medical and dental appointments.
- I attend a community caregiver group, support group, or speak to a friend or counselor about my feelings if I need to.



Adapted from: Family Caregivers' Network Society, Resource Guide for Family Caregivers, 2006.