

Caregiver Well-Being Checklist

Below are some suggestions for improving your well-being as a caregiver. You may want to start with one item, then build up to a few more. Select the ones you feel will benefit you the most. Remember, if you don't get to your goal, there is no guilt; the items you choose are goals to strive towards as you are able.

- I am getting out/exercising at least twice a week.
- I am getting at least seven-to-nine hours of restful, sound sleep per night.
- I eat three balanced meals or four-to-five small, nutritional meals per day.
- I have kept up with my favourite hobby or special interest.
- I talk with, or visit, up to three 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 regular dental and annual medical appointments.
- I attend a community caregiver group or support group, or speak to a friend or counselor about my feelings if I need to.

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

