

Caregiver Weekly Check Up

Date: _____

Periodically reviewing the questions below may help you be more aware of what is happening in your caregiving journey and find perspective to make better decisions. Even if you don't journal, you may find it helpful to discuss these questions with a small group, healthcare professional, or other supports.

How did the past week go for you in the following areas?

	NOT APPLICABLE	POOR	FAIR	GOOD	EXCELLENT
Emotionally <i>(grief, anger, depression, guilt, other emotions)</i>	(___)	(___)	(___)	(___)	(___)
Physically <i>(sleep, diet, exercise, hydration, overall health)</i>	(___)	(___)	(___)	(___)	(___)
Mentally <i>(memory, concentration, respite opportunities)</i>	(___)	(___)	(___)	(___)	(___)
Relationally <i>(how caregiving impacts other significant relationships)</i>	(___)	(___)	(___)	(___)	(___)
Financially <i>(worries related to current or future financial health)</i>	(___)	(___)	(___)	(___)	(___)
Vocationally <i>(balancing responsibilities of caregiving and work)</i>	(___)	(___)	(___)	(___)	(___)
Spiritually <i>(relationship with God, your faith community, or belief system)</i>	(___)	(___)	(___)	(___)	(___)

1. In the areas where you indicated poor or fair, what practical steps can you take to produce a better outcome?

2. What caregiving situations have been frustrating or stressful this week?

3. Are the things that you turn to for comfort making your situation better or worse?

4. What can you ask for help with to relieve some of your caregiver burden?

5. Who do you need to thank this week?
