What Do You Need as a Family Caregiver?

What Worries Do You Have?
Being a family caregiver is a big responsibility. Do you sometimes worry about:
(check all that apply)

☐ Your level of stress and how to cope with it

☐ How to balance work and caregiving

☐ How to get time off (respite from being a family caregiver)

☐ What your family member’s condition means to you and others who care about him or her

☐ How to manage medications and care for your family member

☐ How to deal with your family member’s behavior (such as refusing to eat or take a bath) and feelings (such as anger, resistance, and resentment)

☐ Whether your family member is safe at home, or what to do if he or she wanders

☐ Where your family member lives, and if this needs to change (such as moving to a nursing home or assisted living)

☐ Making health care decisions on behalf of your family member (being the health care proxy)

☐ How to talk about what is going on with other family or friends

☐ Legal issues (such as Living Will, Power of Attorney, and other paperwork)

☐ How to pay for care

☐ What to do if your family member needs end-of-life care

Other Worries

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