Caregiver Self-Care Guide

You can't pour from an empty cup. Check in with yourself weekly.

Stress management

- [ ] Am I sleeping, eating and keeping my own doctor visits?
- [ ] Do I feel resentful, hopeless or constantly on edge?
- [ ] Have I had at least one hour for myself this week?

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» Tell your own doctor you're a caregiver; ask about burnout screening.

» Try short daily resets: a walk, a call with a friend, quiet time.

Support resources

- [ ] Is there a caregiver support group nearby or online?
- [ ] Has the Area Agency on Aging done a caregiver assessment?
- [ ] Does my employer offer leave or an assistance program?

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» Ask the Alzheimer's Association helpline (24/7) if dementia is involved.

» Check if you qualify for Family and Medical Leave (FMLA).

Respite options

- [ ] Can family or friends take regular shifts?
- [ ] Is there an adult day program nearby?
- [ ] Could in-home respite care cover a few hours a week?
- [ ] Does a nearby community offer short-term respite stays?

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» Ask if PASSPORT, VA or long-term care insurance covers respite.

» Schedule breaks on the calendar before you need them.

Notes