

# Wise & Well

## FAMILY CAREGIVER WELLNESS ASSESSMENT

You matter, your needs are important too. All too often when caring for others, our own self-care and needs take a backseat. However, it's important to remember that caregivers are most effective when they are well-informed, practicing consistent self-care, and aware of their own limitations. Take this short self-assessment as a check-in to see if you're being wise and well in your role as a caregiver.



**YES NO**

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- ☐ ☐ Are you able to set aside time for yourself each day, even if it's just 10 minutes?
- ☐ ☐ If you were to get sick with a cold, are you able to take the time needed to get better?
- ☐ ☐ Do you have someone you can ask for help if you get sick, have a work emergency, or some other personal situation?
- ☐ ☐ Do you have a good balance between your work life, personal life, and your role as a caregiver?
- ☐ ☐ Are you scheduling your regular doctor's appointments?
- ☐ ☐ Are you getting enough sleep?
- ☐ ☐ Are you frequently rejecting or canceling social engagements?
- ☐ ☐ Do you forget to take your medications?
- ☐ ☐ Would you consider your eating habits and exercise routine healthy?
- ☐ ☐ Do you regularly experience forgetfulness?

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## IF YOU ANSWERED “YES” TO 1 OR 2 OF THE QUESTIONS, IT MAY BE THAT YOU JUST NEED A BREAK.

But it may also be beneficial to evaluate your schedule to see if you are experiencing caregiver burnout or if it's just a matter of re-setting your priorities. However, if you answered “yes” to 3 or more of these questions, it's time to take an honest look at your situation and seek additional support.

*You're not failing by asking for help!*

Recognizing when you need it and asking for help in caregiving is one most important things you can do. Not only are you ensuring that you're doing what's in the best of interest of the person you're caring for – you're taking care of you! No one is expected to do it all by themselves. If you're in need of additional support:

- Ask a family member or close friend for help. Even if it's temporary, it will give you the break you need to feel refreshed and balanced again.
- Get support, encouragement and ideas from other caregivers. Many senior living communities or other eldercare organizations have family caregiver support groups where you can share tips and best practices.
- Look into short-term options. Many local senior living communities offer short-term stays to give you a well-deserved break or vacation to recharge and take care of yourself—and get back to being a daughter, son, or spouse rather than a caregiver

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*MBK Senior Living is always available as a resource for you or your loved ones. Contact us today for any questions or advice about caregiving, support groups, or to seek additional help.*

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