

Caregiver Self-Check

Caring for someone else starts with checking in on yourself



Read each statement and check how often it has been true for you in the past month. There are no right or wrong answers. This is a reflection tool, not a medical or mental health test.

IN THE PAST MONTH...	RARELY	SOMETIMES	OFTEN
I feel exhausted even after sleep.			
I have little or no time for myself.			
I feel I have to handle everything alone.			
I have skipped my own appointments or health needs.			
I feel irritable, resentful or on edge.			
Caregiving is affecting my job or finances.			
I have pulled away from friends or activities I enjoy.			
I worry constantly about my loved one.			
I do not know where to find help.			
I feel overwhelmed by paperwork, calls and appointments.			

What your answers may mean

If you checked **"Often"** several times, you are carrying a heavy load, and that is a signal to bring in support, not a sign of failure. Small changes help: sharing tasks, using respite care, or having one person coordinate the details.

Ideas to lighten the load

- ☐ Make a list of tasks others could take on, and ask for specific help
- ☐ Ask Empowerline (404-463-3333) about caregiver support and respite programs
- ☐ Keep one shared calendar and contact list for the family
- ☐ Protect one block of time each week that is only for you
- ☐ Let a care coordinator handle the calls, research and scheduling

If you are in crisis or having thoughts of harming yourself, call or text **988** any time. In an emergency, call 911.



Need help with the next step? Book a free 15-minute Next-Step Call.

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