



## Self-Care Checklist for Caregivers

### **Physical Health**

- \_\_\_ I'm seeing my doctor(s) regularly.
- \_\_\_ I'm taking my own medications on schedule.
- \_\_\_ I'm exercising.
- \_\_\_ I'm eating nutritious meals regularly.
- \_\_\_ I'm getting enough sleep.
- \_\_\_ I'm not misusing alcohol or drugs.

### **Social Health**

- \_\_\_ I'm seeing family and friends on a regular basis.
- \_\_\_ I'm keeping up with at least one activity I enjoy.
- \_\_\_ I have fun at least once a week.

### **Emotional Health**

- \_\_\_ I'm getting ongoing emotional support for my caregiving situation from at least one person.
- \_\_\_ I have at least one outlet for stress (e.g., an enjoyable activity, confiding in someone, writing, exercise, meditation or relaxation techniques) that I use regularly.
- \_\_\_ I understand that typical emotional responses to caregiving include denial, anxiety, frustration, anger, guilt, shame, and grief.

#### **IONA SENIOR SERVICES**

4125 Albemarle Street, NW Washington, DC 20016-2105  
TEL 202.895.9448 TTY 202.895.9444 FAX 202.895.0244  
United Way #8833 CFC #52489 [www.iona.org](http://www.iona.org)

\_\_\_\_\_ When I feel I cannot handle difficult emotions on my own, I get help.

### **Spiritual Health**

\_\_\_\_\_ If I have attended religious services in the past, I continue to do so.

\_\_\_\_\_ My faith community is aware of, and supports, my caregiving situation.

\_\_\_\_\_ I am caring for my loved one in a way that is consistent with my values and beliefs, and this experience has meaning for me.

### **Caregiving Health**

\_\_\_\_\_ I understand my relative's diagnosis and prognosis.

\_\_\_\_\_ I understand what type of care my relative needs and I have a plan to provide it.

\_\_\_\_\_ I understand my relative's and my own financial and legal situation.

\_\_\_\_\_ I have a plan for the future as my relative's needs changes and/or know where to get help making a plan.

\_\_\_\_\_ I'm not tolerating abuse from the person I am caring for.

\_\_\_\_\_ I'm asking for, and accepting, help from family, friends, neighbors, members of my congregation and community, and professionals.

\_\_\_\_\_ I'm in regular contact with other caregivers.

If you have questions about any of these points or are unsure how to begin, Iona can help! Call (202) 895-9448 or email [info@iona.org](mailto:info@iona.org) to speak with a licensed social worker or nurse. They can provide resources and support on planning ahead, communicating effectively with your loved one, finding respite, and practicing self-care.

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