

Caregiver Capacity Check-In

Can this care arrangement continue to work over time?

Caregiver capacity is part of the care plan. A plan can look workable on paper and still become difficult to sustain when sleep, health, physical demands, work, finances, family responsibilities, or backup support change.

This is not a test of whether you are a 'good' caregiver. It is a practical check for a growing gap between what the situation requires and what you can realistically keep providing.

Date completed:

Area	Comfortable	Getting Stretched	Difficult to Sustain	What I Notice
Time				
Physical capacity / health				
Sleep / rest				
Emotional capacity				
Work / family responsibilities				
Financial pressure				
Backup support				

The area that needs attention first:

Temporary Pressure or Recurring Pattern?

A difficult week does not automatically mean the entire care arrangement is unsustainable. Hospitalization, a new diagnosis, rehabilitation, a move, or another temporary disruption can create an unusually demanding period. Look for patterns that keep returning or are getting worse.

What Is Happening?	Temporary / May Improve	Recurring / Growing	Why It Matters
Sleep is repeatedly interrupted			
My own health or appointments are being neglected			
Physical assistance is becoming difficult or unsafe			
Important tasks are being missed or delayed			
Work, family, or household responsibilities are suffering			
There is no realistic backup if I am unavailable			

A pressure that may improve soon:

A problem that has become a pattern:

What Can I Realistically Keep Carrying?

Knowing how to do a task is different from being able to carry the total combination of responsibilities indefinitely. Separate what remains manageable from what now needs a different plan.

Caregiving Responsibility	I Can Continue Comfortably	I Can Do, But With Difficulty	I Should Not Be the Only Person Responsible
Personal care / supervision			
Mobility / transfers			
Meals / household tasks			
Appointments / transportation			
Medications / care coordination			
Paperwork / calls / scheduling			

One responsibility I am carrying mainly because no one else has taken it:

One responsibility that needs a safer or more sustainable arrangement:

Early Warning Signs I Should Not Normalize

Capacity often changes gradually. That makes it easy to treat exhaustion, missed needs, or unsafe strain as the new normal. Mark what is happening now and use the notes to describe the pattern.

What I Am Noticing	Not Happening	Occasional	Recurring	Notes
I am too tired to function well				
I postpone my own healthcare				
I feel physically unable to do part of the care safely				
I am missing important responsibilities outside caregiving				
I rarely get uninterrupted time away from caregiving				
I feel there is no one I can realistically call on				
I am becoming more irritable, overwhelmed, or emotionally depleted				

The warning sign I most need to take seriously:

What Needs to Change?

The purpose of recognizing a capacity problem is to change the care arrangement before a crisis makes the decision. The answer may be a smaller task handoff, more backup, professional guidance, respite, a different schedule, or another change appropriate to the situation.

Problem to Solve	What Change Might Help?	Who Should Be Involved?	First Step

The change that would make the biggest practical difference:

A specific task I could ask someone else to handle:

A conversation or professional guidance I need:

What needs to change before this becomes a crisis:

My Capacity Plan - Review & Reset

Care needs and caregiver capacity can both change. Revisit this check-in after a major change in health, responsibilities, sleep, work, family circumstances, or available support.

What is working well enough to continue:

What I need to stop treating as 'just part of caregiving':

What I will change, delegate, discuss, or investigate next:

Who I will contact or involve:

What would tell me the new plan is helping:

If the situation becomes harder, my next level of support will be:

Date I will review this again:

If caregiving demands are affecting your health or safety, or you are unsure whether you can safely perform a care task, seek appropriate professional guidance. This worksheet is an organizational tool and does not replace medical, mental-health, emergency, or other professional care.