

My Caregiving Role

When did my caregiving role begin?

Where does care currently take place?

What are my main responsibilities?

What feels new or unfamiliar?

☐ Emotional support

What Caregiving Doesn't Mean

Caregiving does not always mean doing more. When it is safe and appropriate, allowing time and opportunity to participate can help preserve independence and dignity.

Helping and taking over are not always the same thing.

What can I do for them?

What can I help them continue doing for themselves?

Something I may be doing automatically

Something they would like to try

Something I should ask the rehabilitation or healthcare team about

My Most Important Responsibilities Right Now

Priority 1 - what needs my attention most?

Priority 2

Priority 3

Something that can wait

Immediate Priorities

Area	Now	This Week	Later
Healthcare / appointments			
Medications / personal care			
Therapy / mobility / meals			
My own needs / other			

What I Need to Learn More About

Check any topic you want to understand better.

- | | |
|--|---|
| ☐ Stroke recovery | ☐ Equipment |
| ☐ Medications | ☐ Emotional changes |
| ☐ Therapy | ☐ Community help |
| ☐ Mobility | ☐ Insurance/benefits |
| ☐ Communication | ☐ Home support |
| ☐ Personal care | ☐ Other |

My first question:

My Support Network

Person	Relationship / Role	How They Could Help	Contact

Important Contact Information

Contact / Service	Name	Phone / Information

Our Current Caregiving Routine

Time of Day	What Usually Happens	Help Needed / Notes

What Feels Manageable • What Feels Difficult

What feels manageable right now?

What feels difficult right now?

Something I need help with

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Call 211 from a cell phone or landline to ask about local services and caregiver resources that may be available in your area.

- ☐ Transportation
- ☐ Meals
- ☐ Respite
- ☐ Home assistance
- ☐ Housework

- ☐ Appointments
- ☐ Shopping
- ☐ Equipment/home modifications
- ☐ Benefits guidance
- ☐ Emotional support

My Starting-Point Reflection

What concerns me most?

What feels manageable?

What feels overwhelming?

Who can help?

What do I need to learn?

What is one thing I can do next?
