

Date: ____/____/____
Staff: _____
Facility: _____

Patient: _____ Med Rec #: _____
Caregiver: _____ Relationship: _____
Caregiver contact information and best time to talk:

What Do You Need as a Family Caregiver?

What Worries Do You Have?

Being a family caregiver is a big responsibility. Do you sometimes worry about:
(check all that apply)

- Your level of stress and how to cope with it
- How to balance work and caregiving
- How to get time off (respite from being a family caregiver)
- What your family member's condition means to you and others who care about him or her
- How to manage medications and care for your family member
- How to deal with your family member's behavior (such as refusing to eat or take a bath) and feelings (such as anger, resistance, and resentment)
- Whether your family member is safe at home, or what to do if he or she wanders
- Where your family member lives, and if this needs to change (such as moving to a nursing home or assisted living)
- Making health care decisions on behalf of your family member (being the health care proxy)
- How to talk about what is going on with other family or friends
- Legal issues (such as Living Will, Power of Attorney, and other paperwork)
- How to pay for care
- What to do if your family member needs end-of-life care

Other Worries
