

Caregiver Self Check Checklist

Caregiving can change over time. Use this checklist to check in with yourself. You do not need to answer “yes” to everything for support to be helpful.

Physical Health

- I feel tired most days, even after sleeping
- I am sleeping too little or too much
- I have frequent headaches, body aches, or stomach issues
- I have less energy than usual
- I am skipping meals or eating poorly

Emotional Health

- I feel overwhelmed or emotionally drained
- I feel sad, anxious, or frustrated most days
- I feel hopeless or stuck
- I feel guilty when I try to take a break
- I feel resentful or angry about caregiving

Mental & Focus

- I have trouble concentrating or remembering things
- I feel constantly “on edge”
- I feel like I can’t keep up with everything
- I worry I am not doing enough

Daily Life & Support

- I have little or no time for myself
- I feel isolated or alone
- I have stopped doing activities I enjoy
- I rarely ask for help
- I feel responsible for everything

Safety Check

- I worry about my ability to provide safe care
- I feel close to losing control when stressed
- I am neglecting my own medical care

What to Do Next

If this checklist raised concerns for you, you don't have to handle everything alone. Small steps can make a big difference.

1. Talk With Someone You Trust

- Share how you're feeling with a family member, friend, or trusted support person
- Let them know what kind of help would be most useful right now

2. Connect With the Healthcare Team

- Talk with your loved one's provider, nurse, social worker, or care coordinator
- Ask about caregiver education, community resources, or respite services

3. Take Care of Your Own Health

- Schedule your own medical appointments
- Try to prioritize sleep, nutrition, and movement when possible
- If stress, anxiety, or sadness feels overwhelming, consider talking with a mental health professional

4. Ask for Practical Help

- Accept offers to help with meals, errands, or appointments
- Consider short-term help such as home care services or adult day programs

5. Seek Immediate Help if Needed

Get help right away if you:

- Feel unable to safely care for yourself or your loved one
- Have thoughts of harming yourself or others



- Feel completely overwhelmed or out of control

Call your healthcare provider, go to the nearest emergency room, or contact local emergency services.

Caring for yourself is not a luxury, it is an essential part of caregiving.