



Taking Care of Mom and Dad

takingcareofmomanddad.org

Caregiver Self-Care Checklist

You cannot take care of anyone else if you are running on empty. Check in with yourself regularly.

DAILY CHECK-IN

- I ate at least one nourishing meal today
Caregivers often skip meals. Your body needs fuel.

- I drank enough water today

- I got outside for at least a few minutes of fresh air

- I said one kind thing to myself today
You are doing something very hard. You deserve compassion too.

- I reached out to at least one person today — not about caregiving
Connection matters. Isolation makes everything harder.

WEEKLY CHECK-IN

- I had at least one break from caregiving this week
Even a few hours away helps. You are allowed to rest.

- I did at least one thing I enjoy this week
Your identity exists outside of caregiving.

- I slept reasonably well most nights this week
If sleep problems are ongoing, talk to your doctor.

- I talked to someone about how I am really doing
A friend, therapist, support group, or trusted family member.

- I asked for help at least once this week

MONTHLY CHECK-IN

- I have attended a caregiver support group this month
Call 1-800-677-1116 to find groups near you — most are free.

- I have scheduled or kept my own medical appointments
Caregivers often delay their own care. Do not let this happen.

- I have reviewed what respite care is available to me
Respite care gives you a real break. You deserve it.

I have spoken honestly with family about how I am managing
Letting others think everything is fine means no help comes.

I have set at least one limit to protect my own wellbeing

WARNING SIGNS — GET SUPPORT IF YOU NOTICE THESE

I feel exhausted even after sleeping

I feel resentful toward my parent or my situation
Resentment is a sign your needs are not being met — not a character flaw.

I have stopped doing things I used to enjoy

I feel hopeless or like there is no end in sight
If feelings of hopelessness persist, please talk to a doctor or counselor.

I am getting sick more often than usual

If you are in crisis, call or text 988 — the Suicide and Crisis Lifeline — anytime. takingcareofmomanddad.org — Free resources for family caregivers