

# Self-Check Tool for a Caregiver

We all have good days and bad days. This tool can help you decide when to reach out to your CTN or other sources of support for more help or information!

## EXCELLENT — KEEP UP THE GOOD WORK!



Staying active



Eating a balanced diet



Staying socially connected



Sleeping well



Having time to yourself

**Continue:** Learning about the disease, preparing for the future, making legal and financial plans, facing changes with courage and creativity, having regular follow-up visits with your doctor

## PAY ATTENTION — USE CAUTION...



Losing your temper frequently



Feeling unsupported or resentful



Trouble sleeping



Weight loss/gain



Feeling overwhelmed



Feeling lonely or isolated



Neglecting your own health

**Check in:** Talk to someone, practice asking for help and delegating tasks, join a support group, try short-term respite or hiring in-home help, re-evaluate priorities and expectations, and tell your doctor about your challenges

## WARNING ALERT — SEEK HELP!



Feeling hopeless or despair about the future



Thoughts of hurting yourself or others



Not sleeping or sleeping all the time



Acting aggressively towards or restraining patient

**Contact a back-up caregiver, consult with therapist or case manager, seek emergency help if needed, call 24/7 Alzheimer's Association hotline (1.800.272.3900), make an appointment with your doctor as soon as possible**