

Introduction

Your screening indicates your overall well-being may be suffering as a result of your caregiving responsibilities. Caregivers of older adults often experience challenges in balance their multiple roles while attending to their own self-care. In order for you to be at your best as a caregiver, please consider the following strategies:

- Evaluate your current self-care activities and identify where you can make changes
- Build time into your daily routine engage in an activity that you enjoy.
- Learn about resources that are available for caregivers
- Ask for help from others—family members, friends, professional organizations
- Join a caregiver support group
- Eat a well-balanced diet
- See your physician for a well-being check-up
- Treat yourself to something fun
- Laugh!

Talk with your physician about ways that you can enhance balance in your roles.

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Care for Yourself

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Sometimes caregivers are busy caring for others that they ignore their own needs. It's important to take care of yourself.



Scale

Below are listed activities that each of us do or someone does for us. Thinking over the past three months, indicate to what extent you think each activity has been met by circling the appropriate number on the scale

provided below. You do not have to be the one doing the activity. You are being asked to rate the extent to which each activity has been taken care of in a timely way.

Ratings:

1=Rarely 2=Occasionally 3=Sometimes 4=Frequently 5=Usually

Source: Version 3.0, Susan Tebb, Marla Berg-Weger and Doris M. Rubio (original scale © 1993), revised 2012 & 2015. This version 3.0 carries no copyright

I. Activities

Question	Rating
1. Taking care of personal daily activities (meals, hygiene, laundry)	
2. Taking time to have fun with friends and/or family	
3. Treating or reward ing yourself	
Total Score	

II. Needs

Question	Rating
1. Receiving appropriate health care	
2. Feeling good about yourself	
3. Feeling secure about your financial future	
Total Score	