



## BALANCING

# Caregiving and Quality Time

## WORKSHEET

The five topics below are intended as a starting point for further discussion. Answer the questions to determine whether you, your family, and your loved one could benefit from a higher level of care.

**1. A healthy caregiving situation doesn't include just one family member taking care of a loved one.**

How many people are on your loved one's caregiving team, and what is each person's role in providing care?

**2. The whole caregiving team is important.**

Are your loved one's needs taking priority over the needs of other members of the caregiving team?

**3. When the family or the person receiving care is struggling, something has to change.**

What would you like to change about the current situation?

**4. Being a good caregiver doesn't mean devoting all of your time to providing care.**

How much of your time do you dedicate to caregiving, and how much quality (non-caregiving) time are you able to spend with your loved one?

Daily: \_\_\_\_\_

Weekly: \_\_\_\_\_

**5. Caregiving impacts many areas of your life, including your health, homelife, work, and other relationships.**

How is your current caregiving role impacting your life?

**A member of the Riderwood team will follow up with you in a few days.  
For immediate assistance, call **301-572-8463**.**

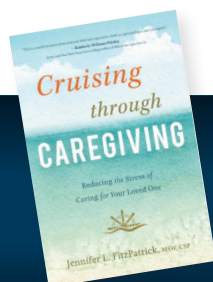


**Riderwood**

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This worksheet is cosponsored by Riderwood and *Cruising through Caregiving: Reducing the Stress of Caring for Your Loved One*, a caregiver resource book by Jennifer FitzPatrick. [www.CruisingThroughCaregiving.com](http://www.CruisingThroughCaregiving.com)



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