

What can we change? And how can we change it?

1. How would I rate my health before I began CGing? How would I rate it now?

	Pre-CG	Now
Physical health	/10	/10
Mental/emotional health	/10	/10
Spiritual health	/10	/10

2. Did you have a choice to become a CG?

3. Do you live with your CR?

4. Do you live close to your CR?

5. On average, how many hours per week do to give care?

6. How many hours per week do you think about giving care?

7. What have you given up to be a CG?

- work
- hobby/activity
- travel
- sleep
- physical activity
- friends
- time with other family
- time by yourself
- a healthy diet
- peaceful mind

8. Do you feel you are a CG because of your gender?

9. Are you a CG because you fear for your CR if you are not?

10. Throughout your relationship, has your CR treated you with kindness and respect?

11. Although you likely love your CR, do you like your CR?

12. Do you feel appreciated for your CGing efforts by your CR or others?

13. Who can you count on for help?

14. Do you feel resentful that others are not helping?

15. Do you feel resentful toward your CR?

16. How many other CGs do you know outside of this group?
17. Do you deal with continence issues?
18. Do you have CGing tasks that you are not comfortable with?
19. Do you feel CGing has negatively changed your relationship with your CR?
20. Do you have any training as a CG?
21. If you had the money to hire a CG for your CR, would you hire you?
22. What has been the financial cost of CGing?
 - have you quit work?
 - have you scaled back hours?
 - have there been out-of-pocket expenses?
 - have there been accumulated small expenses that have added up?
23. Has your work suffered because of your CGing responsibilities?
24. Are there resources you would like to use but aren't accessing? If yes, why?
 - can't find
 - can't afford
 - there is a wait list
 - I don't want to call
 - my CR won't accept
25. Do you have a chronic health issue?
26. Have you postponed medical treatment because of CGing?
27. Are you afraid/resentful that you are spending your best remaining years as a CG?
28. Do you worry you will live in poverty in your old age?
29. Do you think you are doing a good job as a CG?
30. How often do you experience feelings of guilt about your CGing situation?

All these questions have been asked to help you answer this final question ...

31. Is the current situation sustainable?

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## **To move forward we need to determine a few more things ...**

32. What about our CGing situation are you able to change, influence or manage?
33. What about our CGing situation are you not able to change, influence or manage?  
(set these things aside)
34. Given what you can change, influence or manage, identify your priority item(s).  
Perhaps it is the thing that causes you most stress? Maybe it is a smaller  
manageable thing?
35. Can we set a goal around this priority?

Contact the Caregiver Support Coordinator in your area at 1-877-488-7390 to discuss healthy goal setting and other aspects of caregiving.