

How Are You? Really?



- How are you coping?
- How is your sleep?
- What are you eating ...?
- How do you deal with stress?
- What do you do when you feel anxious?
- How do you overcome feeling of guilt?
- Where do you go when you need a break?
- How are the family dynamics affecting you?
- What does your doctor think of how you are doing?.

How Are You Really?

Your caregiving journey is as unique as your fingerprints. Yet there are some common indicators that, depending on their frequency, may reflect that you need help.

Examine the following symptoms and mark how often you feel this way.

How often do you feel this way?	Never	Some times	Often	Almost Always
I find it difficult to balance work, family and caregiving roles	0	1	2	3
I have conflicts with friends, family, or care recipient	0	1	2	3
I worry that I'm not doing a good job as a caregiver	0	1	2	3
I feel guilty	0	1	2	3
I feel anxious	0	1	2	3
I feel sad and want to cry	0	1	2	3
I have problems with sleep	0	1	2	3
I experience chronic neck or back pain	0	1	2	3
I have tension headaches	0	1	2	3

- Add all the numbers you marked above to see your total Score. - Compare your total score to the table below		Total Score
0-10	You are probably managing well. Remember that it's still important to think about ways of preventing stress from building up.	
11-15	You may need to seek out some additional support. Try to identify the things that are causing you stress – you may not be able to change all of them but there may be areas where you can ask for help or make changes to relieve some of your stress.	
16-19	You may be experiencing caregiver distress and your responsibilities may already be taking a toll on your physical and emotional wellbeing. It is important that you talk to your doctor or healthcare professional, a family member, friend, or join a support group to help reduce your level of distress	
20 +	You may be experiencing caregiver burnout. To protect your own health it is important that you talk to your family doctor or healthcare professional about your stress. You may also want to talk with family or friends or join a support group.	

This quiz has been re-printed with permission from Caregivers Nova Scotia

Ask, Seek, Knock.

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”
Mat 7:7-8.

Sometimes we do not know what to ask or how to help. The attached table is a simple promoter.
As your reflect on it ask the Lord to help you see your next steps.

HELP WITH	I NEED HELP IN	I CAN HELP IN
PERSONAL CARE		
Bathing		
Dressing		
Eating		
Foot / mouth care		
Washroom		
Lifting / transferring		
Grooming (shaving, hair care)		
Medication management		
Exercise		
Regular treatment routine		
HELP AT HOME		
Housekeeping		
Laundry		
Meal planning		
Meal preparation		
Gardening / snow shoveling		
Caring for pets / plants		
Checking mail		
Sorting recycling / waste disposal		
TRANSPORTATION/ SHOPPING		
Taking care recipient to activities / appointments		
Taking care recipient shopping		
Filling prescriptions		
Vehicle maintenance		
OTHER		
Communicating with others		
Checking in by phone		
In-person visits		
Leisure activities		
Banking, paying bills		
Legal documents		
Income tax		

WE ARE HERE TO HELP



Visit: OntarioCaregiver.ca

- 24/7 Helpline, (1-833-416-2273)
- Helpful Webinars (Live and Recorded)
- 1:1 Peer Support
- Online Support Groups
- Online Learning Library
- Time to Talk Podcast



Visit: CaregiversCommunity.ca

- Caregiving 101 Course. 6 Week online small group.
- Community building shared learning experience
- Weekly stories, Thoughts and tips
- Purposeful Meetups
- One on one Care Mentors
- The Christian Caregiving Course