



## Caregiver Well-Being Assessment for Parents

Pinpoint exactly where your self-care regime needs attention.



*“This tool will help you identify the causes of your stress and caregiver anxiety.”*

### Instructions

The following assessment is to help you better understand what areas of your life may need more attention. Caregiving is hard and the cumulative effect of taking care of a loved one touches all areas of our lives.

Place a checkmark in the column which best represents each activity. Afterwards, calculate your score and read your results.



**Need accountability and support in your self-care journey?**

[Join the Self-care for Caregivers: Support Group for Autism & Disability Parents](#)



## Physical Self-care

	I do this frequently	I do this occasionally	I rarely do this	I never do this
Eat regularly				
Eat nourishing food				
Move my body				
Get regular medical check-ups				
Get enough sleep				

## Mental Self-care

	I do this frequently	I do this occasionally	I rarely do this	I never do this
Unplug and put away my phone & computer				
Make time for self-reflection				
Read literature that is unrelated to work				
I have a hobby				
Spend time outside/in nature				



**Need accountability and support in your self-care journey?**

[Join the Self-care for Caregivers: Support Group for Autism & Disability Parents](#)



## Emotional Self-care

	I do this frequently	I do this alright occasionally	I rarely do this	I never do this
Allow myself to cry when needed				
Engage in positive self-talk				
React in a calm manner in stressful situations				
Feel positive about how I manage day-to-day				
Feel in control of my emotions				

## Relationship Self-care

	I do this frequently	I do this alright occasionally	I rarely do this	I never do this
Make time to see friends				
Stay in contact with family and friends				
Schedule regular dates with my partner				
Ask for help				
Feel safe to share my feelings				



**Need accountability and support in your self-care journey?**

[Join the Self-care for Caregivers: Support Group for Autism & Disability Parents](#)



## Calculate Your Results

0 points - I never do this

1 point - I rarely do this

2 points - I do this occasionally

3 points - I do this frequently

### Physical Self-care: \_\_\_\_\_ points

#### 0-5: You're not maintaining your physical health

*Caregiving can become all-consuming and you've been neglecting your most essential needs of nourishing your body, staying active and getting enough sleep.*

If you're here, a small action you can do this week is to eat one vegetable a day.

You might also enjoy this self-care video "[Discovering Your Worthiness](#)" available in my support group for parent caregivers.

#### 6-11: You need to build on those physical activities that you've started

If you're here, a small action you can do this week is to take a 30-minute walk.

#### 12-15: You recognize the importance of taking care of yourself

If you're here, a small action you can do this week is to move your body daily for at least 15 minutes.



**Need accountability and support in your self-care journey?**

[Join the Self-care for Caregivers: Support Group for Autism & Disability Parents](#)



## **Mental Self-care: \_\_\_\_\_ points**

### **0-5: You're not maintaining your mental health**

*You've been neglecting your mental health and ignoring the need to reset your nervous system by putting down the phone and being with your thoughts. Caregiving can become an all-consuming role and it's easy to forget about taking time for ourselves and allowing ourselves to do activities that are not related to the care of our loved one.*

If you're here, a small action you can do this week is write down three things you're grateful for every day.

You might also enjoy this self-care video "[Shifting Your Mindset](#)" available in my support group for parent caregivers.

### **6-11: You try things and then forget about them**

If you're here, a small action you can do this week is put away or turn off your phone one hour before bed.

### **12-15: You recognize the importance of mental health**

If you're here, a small action you can do this week is to take a long walk in the forest or on a beach.



**Need accountability and support in your self-care journey?**

[Join the Self-care for Caregivers: Support Group for Autism & Disability Parents](#)



## **Emotional Self-care: \_\_\_\_\_ points**

### **0-5: You don't have a strong emotional foundation**

*You've been neglecting the most important person in your life - you! Caregiving is hard and you believe that you're the reason why the days are challenging. You need to be more gentle with yourself and show yourself the same love and compassion you so effortlessly give to the person for whom you're caring.*

If you're here, a small action you can do this week is tell yourself, "I am an amazing caregiver" every morning.

You might also enjoy this self-care video "[Welcoming Your Emotions](#)" available in my support group for parent caregivers.

### **6-11: You're aware of the power of positive self-talk and need to be consistent**

If you're here, a small action you can do this week is celebrate a win at the end of each day.

### **12-15: You're in touch with and in control of your emotions**

If you're here, a small action you can do this week is listen to a sad song and let the tears flow without judgment.



**Need accountability and support in your self-care journey?**

[Join the Self-care for Caregivers: Support Group for Autism & Disability Parents](#)



## Relationship Self-care: \_\_\_\_\_ points

### 0-5: You're not maintaining relationships

*You've been neglecting important relationships in your life since becoming a caregiver. This happens when you're exhausted and don't have the energy at the end of the day to give more to someone else. You might feel like you're saving your energy for the next day, but you're really pushing away the people closest to you which is perpetuating feelings of loneliness and sadness.*

If you're here, a small action you can do this week is to reach out to one friend and check in.

You might also enjoy this self-care video "[Examining Your Energy](#)" available in my support group for parent caregivers.

### 6-11 points: You need to make more time for people

If you're here, a small action you can do this week is schedule an outing with a friend.

### 12-15: You recognize the importance of connecting with others

If you're here, a small action you can do this week is schedule a few date nights with your partner.



**Need accountability and support in your self-care journey?**

[Join the Self-care for Caregivers: Support Group for Autism & Disability Parents](#)