



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 family members on 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.

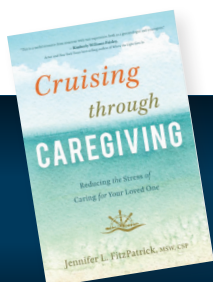
How is your current caregiving role impacting your life?

A member of the Seabrook team will follow up with you in a few days.
 For immediate assistance, call **732-643-2060**.



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This worksheet is cosponsored by Seabrook and *Cruising through Caregiving: Reducing the Stress of Caring for Your Loved One*, a caregiver resource book by Jennifer L. FitzPatrick. www.CruisingThroughCaregiving.com



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