Caregiver's Self-Care Assessment

Taking good care of yourself can reduce stress and support your body's healing mechanisms. When you are caring for a child with an illness or disability, it is important to consider the many areas of your life that demand your time and energy.

	I always do this	I sometimes do this	I rarely do this	Right now I don't do this	I never thought of doing this
Physical Activity	○	○	○	○	○
Exercise	○	○	○	○	○
Eat Healthy Food	○	○	○	○	○
Get Enough Sleep	○	○	○	○	○
Take Vacation Time	○	○	○	○	○
Rest When I'm Sick	○	○	○	○	○
Say "No."	○	○	○	○	○
Spend Time with Friends	○	○	○	○	○
Take Regular Breaks at Work	○	○	○	○	○
Have Fun	○	○	○	○	○
Ask for Help	○	○	○	○	○
Take my Prescribed Medication	○	○	○	○	○
Get Preventative Medical Care	○	○	○	○	○
Go to the Dentist	○	○	○	○	○
Consider My Needs	○	○	○	○	○
Try Something New	○	○	○	○	○