



Family Caregivers
of British Columbia

— Let us help —



Supported by the Province of British Columbia

Understanding Your Caregiver Needs

WORKSHEET



A Need That Goes Unmet, Stays Unmet!

Imagine you were thirsty, and you denied yourself from drinking water. If you continued not drinking water, your need would go unmet; your thirst would grow stronger. This would be unsustainable and lead to harm. But you would not judge your body for needing water. So why do we let so many of our other needs go unmet and judge ourselves for having them?

Performing regular check-ins helps to shed light on your needs. This reflection process helps with:



Prioritizing your greatest need



Increasing self-awareness



Understanding and articulating
what you are feeling and needing

How to Use this Worksheet

- ♥ Write the date on the worksheet to help track your needs over time.
- ♥ Complete the worksheet as best as you can. Sometimes it is easier to brainstorm with a trusted friend or a healthcare professional. Choose whichever method suits your thinking and learning style.
- ♥ You can share your insight with your trusted circle of support including your support group, and health care providers. If you call the BC Provincial Caregiver Support Line, you can also share this with our caregiver support staff and they can help you find support for your needs.

We are grateful for the contributions from the
Caregiver Diversity Initiative Working Group
members:



My Caregiving Support Needs

Sometimes starting off with more general questions is helpful when identifying more specific needs. Write out your answers to the following questions before writing out your specific needs.

Date:

What are my biggest challenges right now?

Am I satisfied with how I'm managing my caregiving demands? Why or why not?
HINT: this will help with understanding what you might want to change about your situation.

What is one thing that would support me right now in my caregiving role?

Now let's create a list of your specific needs. List them in the order of priority, recognizing that both your needs and their priority level may change with time and can be revisited on a new worksheet at a later date. Examples might include help with meal preparation, organizing finances, or having someone stay with the care recipient while you take time for self-care.

1. I need support with...

2. I need support with...

3. I need support with...

4. I need support with...

5. I need support with...

6. I need support with...