



# Caregiver's Essential Checklist

A practical resource to help you care without losing yourself.

## Am I Showing Signs of Caregiver Burnout?

Check any that apply to you right now.

- Exhausted even after a full night of sleep
- Getting sick more often than usual
- Feeling resentful, hopeless, or emotionally numb
- Stopped doing things I used to enjoy
- Neglecting my own medical care or medications
- Feeling like no one understands what I am going through
- Lost patience with my loved one in unusual ways

*If you checked 3 or more, prioritize your own support today.*

## My Daily Non-Negotiables

- Eat at least one real meal
- Sleep when I am able
- Step outside for at least 10 minutes
- Let one person know how I am actually doing

## My Weekly Check-In (Every Sunday)

- What was hardest this week?
- What do I need more of next week?
- Who can I ask to help with one specific thing?

## Questions for Every Medical Appointment

- What is the goal of this treatment?
- What side effects should we watch for?
- Who do I call if something changes after hours?
- What happens if we do not pursue this option?
- What should we expect in the next 30 days?

## Who to Call for What

### Insurance or billing disputes:

Patient Advocate Foundation | 1-800-532-5274

### Emotional caregiver support:

Caregiver Action Network | 1-855-227-3640

### Patient advocacy & care navigation:

Amma Advocates | (847) 654-9970

## You Have the Right To...

- Ask for help without feeling guilty
- Take breaks and rest without shame
- Say no to requests that exceed your capacity
- Have your own emotions and needs
- Seek outside support at any time

*"You cannot pour from an empty cup. Taking care of yourself is how you show up for the person you love."*