

# Caregiver Needs Activity #1:

## What are the consequences of my unmet needs?

### Unmet Needs: Guided Self-Reflection

**Directions:** Think about what you need to handle caregiving tasks and challenges. In each category, write down at least one thing you'll do to care for yourself as you care for others.

#### Practical Problem-Solving Resources:

Information, links or referrals that would help me handle my caregiving tasks and challenges. Skills I need but don't have, or am uncomfortable doing. Times when I need hands-on help.

##### Name It

- What practical problem-solving resources do you need to assist you with caregiving responsibilities?
- How does lacking these resources impact you?

#### Positive Personal Energy:

Actions would nurture me and refresh my energy. Thoughts and attitudes that would strengthen me to meet adversity with optimism and effectively handle caregiving-related challenges.

##### Name It

- Where or when is your energy either diminished or negative?
- What causes this to occur?
- How does this diminished or negative energy impact you?

#### Partners on the Path:

Names of family, friends & fellow-caregivers; work colleagues, neighbors, faith-community members and professionals who could help. Where I could go for support & assurance that I'm not alone.

##### Name It

- In what aspects of caregiving do you feel unsupported or alone?
- What kind of support do you need? To whom or where could you turn for help?
- How does the lack of effective care partners impact you?