



Caregiver's Comments Form

Being a Caregiver is a process that develops over time, in the case of caring for an aging parent or relative. Or, it can be a sudden life altering change that you are not prepared for at all, when you are thrown into the role of a Caregiver when a loved one has a medical condition that leaves them unable to manage for themselves. Which is it for you? No matter how you became a Caregiver, you are one now. It is important for you to understand that your health is VERY IMPORTANT and to take time for yourself is CRITICAL!

So I have listed a few things we need to know about you, and get an idea of how you are caring for yourself, so we can help you too!

Date: _____

If you need assistance please consider joining Sallycares.com. We would love to help you!

Personal Information	My Challenges	Rating *Of How I Handle It				Comments
		Good	Fair	Poor	Not able	
Height:	Helping the patient dress					
Weight:	Helping the patient shower					
Age:	Helping the patient move in bed					
Medical History: (Describe below)	Helping the patient in and out of bed					
	Helping the patient in and out of a chair					
	Helping the patient with meals					
	I can stay calm when dealing with the patient					
	My Needs	Yes	No	Need it	Don't Need it	
	I have help in the home					
	I have scheduled fun activities for me					
	I have a local supportive family					
	I have friends who offer to help me					
	I do not think the patient tries to help me					
	I get frustrated easily					
	I am tired					
	I find myself arguing with the patient					

***Rating Scale:** Good: Able to assist patient without difficulty

(for My Challenges) Fair: I can manage to help the patient but I usually have pain afterwards (back pain, shoulder pain, etc)

Poor: It is hard for me to complete this activity the way I currently do it



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