

Caregiver Action Plan

Understanding the illness /disease

Taking care of yourself

Mastering the practical skills

Dealing with all of the emotions

Relationships & communication

Planning for what is ahead

Step 1: Set your goal

You have chosen to set a goal in the following area: (Indicate area above)

Your goal: _____

How you will know that you are moving towards meeting your goal:

Step 2: Make a plan

3 specific actions that you committed to take by (date): _____

I. _____

II. _____

III. _____

Who you will tell:

Confidence rating: ___ / 10 - What you are going to do to increase your confidence:

Motivation rating: ___ / 10 - What you are going to do to increase your motivation:

Step 3: Review your progress

You will review your progress by (date):

Step 4: Celebrate your success

How you will reward yourself:

Step 5: Evaluate your goal

Don't forget to reflect on what you have learned from this experience. This will help you reach your future caregiver goals.

