



Are you a Caregiver?

A Self-Screening Checklist for Family Caregivers

If you care for or help a family member (even just occasionally), you may be eligible for free support and services as a family caregiver. Not sure if that's you? Check off any of the below tasks you do for a family member:

- Take them to doctor appointments
- Perform medical tasks
- Manage their medications
- Plan & prepare daily meals
- Provide emotional support & companionship
- Help with toileting or other activities of daily living
- Handle their bills, finances, or legal matters
- Help them make medical decisions

→ **Checking as few as ONE or TWO may mean you're a family caregiver.**

Many family caregivers don't consider themselves caregivers—and often end up stretching themselves too thin. The demands of caregiving can cause depression, burnout, and other adverse health effects. **Caring for yourself is one of the most important things you can do as a caregiver.** Self-care not only improves your own well-being but that of your care recipient, too.

Get Resources & Help

For 40+ years, FCA has helped individuals just like you—with free resources and tools, expert support, and high-quality information. We help you:

- Take the guesswork out of caregiving
- Provide the best care for your care recipient
- Improve self-care & emotional health
- Understand dementia & other conditions

Contact Us

OVER THE PHONE

Call us for help and resources addressing your caregiving needs.

TOLL-FREE (800) 445-8106
LOCAL (415) 434-3388



Family Caregiver Alliance®

ONLINE

Visit caregiver.org to learn more about services, classes and resources available online.



VIA CARENAV™

Sign up for a CareNav™ account to receive customized resources for your specific caregiving situation: caregiver.org/carenav.

