

## **Appendix 2: READINESS FOR CAREGIVER RESPONSIBILITIES**

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**Directions:** Read each statement and answer yes or no to assess your readiness as a caregiver.

- \_\_\_ 1. I feel confident I know how to properly care for my loved one or friend.
- \_\_\_ 2. I would like help in my daily activities in caring for them.
- \_\_\_ 3. I would attend seminars on various aspects of caregiving.
- \_\_\_ 4. I have enough information about what to expect as they get older.
- \_\_\_ 5. My elder loved ones have unresolved conflicts they would like help resolving.
- \_\_\_ 6. I know where to go to get help that I need in caring for them.
- \_\_\_ 7. I know who the best resources are for various needs and how to reach them.
- \_\_\_ 8. I am generally as happy as I want to be most of the time.
- \_\_\_ 9. I believe my loved one is getting proper nutrition and physical exercise.
- \_\_\_ 10. I feel my loved one is on the proper regimen of medications.
- \_\_\_ 11. I know how to determine when it is time to place my loved one in a nursing home.
- \_\_\_ 12. I have enough information about what to expect as my elder(s) get older.
- \_\_\_ 13. I have adequate outlets for interests and hobbies and make time for them.
- \_\_\_ 14. I do not experience sadness/worries or other strong emotions regarding caregiving.
- \_\_\_ 15. I have an adequate support system of friends, family or members from my place of worship.
- \_\_\_ 16. I would benefit from having someone attend to my loved one while I am away.
- \_\_\_ 17. I would like help assisting them in dealing with end of life issues.
- \_\_\_ 18. My loved one is as ready as he/she can be to leave this world through death.
- \_\_\_ 19. I feel confident I know how to provide protection if my elders are threatened or abused.

**If you answered “no” to many of these statements, please refer to Chapter 7, Resources, and to the tables in the Appendix for additional help.**