

Meeting My Needs: Action Plan

Directions: After naming what you need to handle caregiving tasks and challenges, identify at least one thing you'll do to care for yourself as you care for others.

To preserve your capacity to care: Admit your needs & commit to following your self-care action plan.

1. **Practical Problem-Solving Resources:** Information, links or referrals that will help me handle my caregiving tasks and challenges. New skills I'll develop. People I'll ask for hands-on help.

- **Name It:** What practical problem-solving resources do you need to assist you with caregiving responsibilities?

- **Get It:** Who will you ask? What will you ask for? Where will you seek-out problem-solving resources?

2. **Positive Personal Energy:** Actions I'll take that will nurture me and refresh my energy. Thoughts and attitudes I'll use to help me meet adversity with optimism and resilience.

- **Name It:** Where or when is your energy either diminished or negative? What causes this to occur?

- **Get It:** What thoughts, attitudes or actions have restored your energy in the past? What will you do to boost your positive energy?

3. **Partners on the Path:** Names of family, friends and fellow-caregivers; work colleagues, neighbors, faith-community members and professionals who I'll reach-out to for help, 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?

- **Get It:** Who will you ask for assistance or support? What will you say to make the request and to explain your need for caregiving partners?