

Caregiver Topic Checklist

Name:

On the following checklist, please mark the topics on a scale of 1 - 10, with 1 being of low interest to you and 10 being of high interest to you, for your coaching sessions. If something important is not listed, add it to the list and mark the scale accordingly. This will help structure and focus your coaching conversations moving forward.

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Assessing the needs for care for myself or another										
2. Being successful in my role as a caregiver for another										
3. Understanding the areas of care needed when caring for another person										
Understanding family dynamics in providing care to another family member										
5. Assessing and managing the medical care and needs of another										
6. Improving the relationship and communication with a person with whom I provide care										
7. Methods and agencies to help manage the financial needs when caring for another										
8. Understanding the legal aspects of caring for another										
9. Providing for the social needs of a person receiving care										
10. Learning effective communication and how to not take things "personally"										
11. Understanding the need for my own work/life balance										
12. Knowing when to have another person/ agency provide care										
13. Being successful in dealing with challenging clients who are receiving care										
14. Learning effective strategies when caring for difficult individuals										
15. Understanding my weaknesses and using my strengths in my role as a caregiver										
16. Help in transitioning a client to the next level of care										
17: Other:										
18: Other:										