



Being a caregiver involves many responsibilities, some of which can be difficult to identify. This document is intended to help you evaluate your involvement and adapt to it more calmly, according to your circumstances.

## Why use this tool?

It can be useful if you want to:

- Put into words a situation that is difficult to explain;
- Identify your limits or those that have already been exceeded;
- Redefine your commitment;
- (Re)balance your responsibilities.

## How to use it?

- Complete all three sections or just those that meet your needs.
- Use it alone or with others: sharing your thoughts helps broaden your perspective.
- Be honest: this is not a test, but a tool to help you better understand your situation.
- You are free to share your thoughts and observations, or not.

## Fill in all 3 sections?

### 1- What would make your role as a caregiver more comfortable?

Clarify what would make this role more comfortable for you. If necessary, ask yourself these questions:

What impact does your role have on the different areas of your life? (health, family, finances, employment, leisure, etc.)  
What are your current concerns?

*"I feel trapped in my role. I would like to start working again without feeling guilty."*

### 2- Observation grid on daily living and domestic assistance

Identify the responsibilities you assume. For each statement (left column), check who is responsible for it. There may be more than one person responsible for a single statement. If the person being helped assumes responsibility, you can specify whether they are able to do so on their own or whether you need to remind them.

*"When I filled out the grid, I saw that I was taking on more than 80% of the responsibilities. I was able to identify people to help me."*

### 3- Fatigue barometer

Start thinking about your level of fatigue.

This is a step toward the famous "taking care of yourself." Knowing yourself better will help you act in a way that is consistent with your needs. To go further, tools are available at [outilsprochesaidant.com](https://outilsprochesaidant.com) (e.g., compassion fatigue, exhaustion meter) ...

*"I discussed it with my counselor and finally managed to put into words what I was going through. I found some ideas and solutions to help me feel better."*





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## Observation grid on aids for daily living and domestic life



Responsibilities assumed by	Person receiving assistance	Caregiver	Support network (family, friends, etc.)	CISS (CHSLD, SAD..)	Private resources	Community organizations
Special care (pressure, dressings, etc.)	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					
Taking medication	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					
Assistance during medical appointments and other outings						



## Observation grid on aids for daily living and domestic life



### Personal care

Responsibilities assumed by	Person receiving assistance	Caregiver	Support network (family, friends, etc.)	CISS (CHSLD, SAD..)	Private resources	Community organizations
Bath - Shower	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					
Daily hygiene	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					
Teeth or denture care	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					
Hair washing	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					



## Observation grid on aids for daily living and domestic life



### Personal care

Responsibilities assumed by	Person receiving assistance	Caregiver	Support network (family, friends, etc.)	CISS (CHSLD, SAD..)	Private resources	Community organizations
Body care (applying cream)	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					
Shaving or hairstyling	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					
Nail and foot care	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					
Transfers to the bathroom	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					





## Observation grid on aids for daily living and domestic life



### Personnal care

Responsibilities assumed by	Person receiving assistance	Caregiver	Support network (family, friends, etc.)	CISS (CHSLD, SAD..)	Private ressources	Community organizations
Transfers to car	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					
Transfers to bed	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					
Transfers sitting/standing	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					
Moving with assistance (cane, walker, etc.)	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					





## Observation grid on aids for daily living and domestic life



### Domestic life

Responsibilities assumed by	Person receiving assistance	Caregiver	Support network (family, friends, etc.)	CISS (CHSLD, SAD..)	Private resources	Community organizations
Daily housekeeping	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					
Washing and taking care of clothes and bedding	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					
Outdoor maintenance (lawn, snow removal, etc.)	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					
Grocery shopping / errands / purchases	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					





## Grille d'observation sur les aides à la vie quotidienne et à la vie domestique



### Vie domestique

Responsibilities assumed by	Person receiving assistance	Caregiver	Support network (family, friends, etc.)	CISS (CHSLD, SAD..)	Private ressources	Community organizations
Meal preparation	<input type="checkbox"/> Seul <input type="checkbox"/> Besoin de rappel					
Repairs and small jobs	<input type="checkbox"/> Alone <input type="checkbox"/> Need a reminder					





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### Observation grid on aids for daily living and domestic life

#### Fatigue barometer

	Rarely	Sometimes	Often	Most of the time
I have trouble falling asleep or wake up frequently during the night.				
I wake up tired in the morning and lack the energy to get through the day.				
I have lost my appetite or am eating too much.				
I feel unwell or sick more often than before (flu, colds, headaches).				
I am taking more and more medication.				
I feel irritable and impatient.				
I do a lot, yet I feel guilty for not doing more.				
I have trouble concentrating (making to-do lists, paying bills, reading, etc.).				
I tend to forget simple, familiar things (phone numbers, names, keys, etc.).				
I have given up the activities I enjoy.				
I don't have many contacts other than the person I am caring for.				





## Observation grid on aids for daily living and domestic life

### Fatigue barometer

	Rarely	Sometimes	Often	Most of the time
I feel like I cry over nothing.				
I feel sad and discouraged.				
I feel anxious about my loved one's condition and when I think about the future.				
I want to give up on everything.				

\* If you checked the boxes "often or most of the time," it would be important to seek help. To help you identify the right person or professional, you can use the tool below, available at [outilsprocheaidant.com](https://outilsprocheaidant.com).



*Being a caregiver also means needing a supportive network.*

**Consult the tool**

