

# CAREGIVING DECISION QUESTIONNAIRE

*This brief list of questions is intended to help you as the caregiver set your priorities and solve caregiving problems.*

## Decision-Making Questions

- ▶ What are your caregiving goals—what do you hope to accomplish as a caregiver?
  
  
  
  
  
  
  
  
  
  
- ▶ Describe the most pressing problem in your caregiving role. What is most stressful to you as a caregiver? How does it prevent you from achieving your goals?
  
  
  
  
  
  
  
  
  
  
- ▶ What are your options to help resolve your problem or ease the stress? Is the situation one you can change? What assistance is available? Brainstorm options with family or other caregivers. List your options at the bottom in the notes section of this worksheet. What are the advantages and disadvantages of each option?
  
  
  
  
  
  
  
  
  
  
- ▶ Select one option, and develop a plan of action. What is your plan? What barriers to success do you see, and what resources can you draw on to help you overcome those?
  
  
  
  
  
  
  
  
  
  
- ▶ Try the option for a specific period, such as one week. Evaluate your decision after the test period. How well is the option you chose helping you achieve your goals? If necessary, readjust your plan. Go through the point above again, and try a new solution.

## Notes