

What Am I Able To Do

Just as important as determining how much support and assistance your loved one needs, is determining what you are able, willing and comfortable performing.

Caregiver/Support Self Assessment

This form will enable you, the primary support person, to determine what areas you are comfortable in assisting with. Be honest in your assessment of your abilities and preferences. In filling out this checklist you may also develop a list of others who may be able to provide some of the services and support that your loved one needs.

| ADLs (Activities of Daily Living) | Comfortable and Able | Comfortable but not able without assistance | Uncomfortable but able | Uncomfortable and not able |
|-----------------------------------|----------------------|---|------------------------|----------------------------|
| Bathing | | | | |
| Dressing | | | | |
| Toileting | | | | |
| Changing Disposable Undergarments | | | | |
| Skin/Nail Care | | | | |
| Oral Care | | | | |
| Transferring | | | | |
| Assist with Ambulation/Mobility | | | | |
| Medication | | | | |
| | | | | |

| IADLs (Instrumental Activities of Daily Living) | Comfortable and Able | Comfortable but not able without assistance | Uncomfortable but able | Uncomfortable and not able |
|---|----------------------|---|------------------------|----------------------------|
| Cleaning | | | | |
| Shopping | | | | |
| Laundry | | | | |
| Home Repairs | | | | |
| Escorting to Appointments | | | | |
| Providing Transportation | | | | |
| Medical and Social Scheduling | | | | |
| Bill Paying | | | | |
| Managing overall finances | | | | |

If you determine that you are able in some or these areas but uncomfortable or feel that you need assistance, the [Red Cross](#) offers a series of nine topic-based modules for caregivers. You may take one or all nine modules. These modules may help you improve your skills or overcome your fears or misgivings about providing support. Topics range from general caregiving skills to positioning and helping your loved one move, to legal and financial issues. There is a small fee for each module. Contact your local Red Cross chapter to see if these modules are offered in your area.

[The National Family Caregivers Association](#) also offers training through [Family Caregiving 101](#), a site where you can find assistance, answers to your questions and a comprehensive training manual that can be used by the primary caregiver/family support-giver and those who might volunteer to provide hands-on assistance and support.