Alzheimer's Caregiver Self-Care Checklist

Use this comprehensive checklist to ensure you're taking care of yourself while caring for your loved one with Alzheimer's disease.

Daily Self-Care

PHYSICAL HEALTH

- [ ] Get 7 to 9 hours of sleep.
- [ ] Eat 3 balanced meals and drink at least 9 cups of water.
- [ ] Take all your prescribed medications.

MENTAL HEALTH

- [ ] Practice deep breathing or meditation (5 to 10 minutes).
- [ ] Take a short break (at least 15 minutes).
- [ ] Engage in an enjoyable activity.
- [ ] Connect with a friend or family member.

CAREGIVING TASKS

- [ ] Review and follow the daily care plan.
- [ ] Take note of any changes in your loved one's condition.

Weekly Self-Care

PHYSICAL HEALTH

- [ ] Exercise for at least 30 minutes 5 times this week.
- [ ] Try some strength training exercises.
- [ ] Schedule regular "me time."

MENTAL HEALTH

- [ ] Attend a weekly support group meeting.
- [ ] Spend some time outdoors in nature.
- [ ] Reflect on your emotions and journal if needed.

CAREGIVING TASKS

- [ ] Review and update the care plan if necessary.
- [ ] Organize medications for the week.
- [ ] Plan activities for your loved one.

Remember

Taking care of yourself is not selfish. It's necessary to provide the best care for your loved one. If you're struggling, don't hesitate to seek help from healthcare professionals or support services.

Monthly Self-Care

PHYSICAL HEALTH	
☐	Schedule and attend your medical check-ups.
☐	Review your diet and exercise routine, adjust if necessary.
MENTAL HEALTH	
☐	Plan a day of respite care for yourself.
☐	Celebrate small victories and progress.
CAREGIVING TASKS	
☐	Review long-term care and financial plans.
☐	Connect with other caregivers for support and advice.

Additional Resources

ALZHEIMER'S ASSOCIATION 24/7 HELPLINE
1-800-272-3900
LOCAL ALZHEIMER'S SUPPORT GROUP
RESPITE CARE SERVICES
YOUR DOCTOR'S NUMBER

Recognize and Manage Stress

HAVE YOU EXPERIENCED ANY OF THESE SIGNS THIS MONTH?	
☐	Feeling exhausted or constantly tired.
☐	Frequent headaches or other physical problems.
☐	Feeling overwhelmed or constantly worried.
☐	Becoming easily irritated or angry.
☐	Losing interest in activities you used to enjoy.
☐	Feeling sad.
☐	Having sleep problems (too much or too little).
☐	Significant weight changes.
☐	Misusing alcohol or drugs, including prescription medications.

If you've experienced several of these symptoms, and they persist, consider reaching out to your healthcare professional to discuss treatment.