Life happens to all of us! Just like Life itself changes - sometimes quickly, sometimes so gradually that it seems to stand still - we must adjust to the current circumstances. This flexibility helps us to become resilient, to bounce back from adversity, to move forward forarmed with the lessons learned through challenges, and to find a “new normal” in which we can thrive!

I have borrowed highlights from “The Caregiver Helpbook: Powerful Tools for Caregivers” [from CaregiverU] and added information I have read online to create the worksheets below. They can help you identify obstacles in your caregiving and find ways to work around them.

Change requires work on our part, an earnest effort, perseverance and patience. The process itself makes us put into practice behaviors and mindsets that will help us to cope and to manage whatever crosses our path in the future. Reaching our goals is the sweet reward!

Give yourself time to think about the changes you want to make, keeping them realistic and asking friends, family or other caregivers for help, if necessary.  You can do this!

Before you begin, make a list of what is working well in your caregiving.

<table>
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<tr>
<th>WHAT IS WORKING WELL IN CAREGIVING</th>
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Give yourself credit for doing a good job! Make a list of why you think these things are working well.

<table>
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<th>WHY THINGS ARE WORKING WELL IN CAREGIVING</th>
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Next, think of the changes you would like to see that would make caregiving more manageable. List specific tasks or behaviors.

(I will see my doctor, I will find ways to manage my stress / anxiety / burnout, I will ask my siblings to take turns minding Father one weekend each month, I will go to a movie once a month, I will ask my neighbor to pick up milk & bread on weekends, I will attend a “Powerful Tools for Caregivers” workshop at St. Catherine this February are examples of specific goals.)

<table>
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<th>CHANGES I WOULD LIKE TO SEE IN CAREGIVING</th>
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Now, think of the specific steps that you need to take in order to make each desired change. If you don’t know what that first step is, the first step could be to look for someone who can provide some guidance or to call an agency or organization, for example. The important thing is to take a first step and then, to keep going.

After that, think of a realistic time frame in which you aim to reach each goal. The key is to be realistic so that you give yourself the opportunity to succeed.

**CHANGE #1**

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STEPS TO TAKE:

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DATE TO REACH GOAL:_________________________

**CHANGE #2**

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STEPS TO TAKE:

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DATE TO REACH GOAL:_________________________
CHANGE #3

STEPS TO TAKE:

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DATE TO REACH GOAL:_________________________

CHANGE #4

STEPS TO TAKE:

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DATE TO REACH GOAL:_________________________
CHANGE #5

STEPS TO TAKE:

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DATE TO REACH GOAL:_________________________

CHANGE #6

STEPS TO TAKE:

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DATE TO REACH GOAL:_________________________
CHANGE #7  

STEPS TO TAKE:

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DATE TO REACH GOAL:_________________________

CHANGE #8  

STEPS TO TAKE:

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DATE TO REACH GOAL:_________________________

Please remember that we are human! As I mentioned before, Life happens and sometimes we
must step away from our intended path. That's all right. Just get back on track and keep going.
As long as you are moving toward your goal, you will reach it!

Make adjustments as you go, but don’t quit before you accomplish what you set out to
accomplish. You will be glad you persevered and will gain confidence and pride for reaching
your goal. Plus, your caregiving will be more manageable! You can do this!