

# Taking Care of Me

## Care Partner Self-Assessment



**PMD Alliance**  
Parkinson & Movement Disorder Alliance

According to a recent survey, caregivers average 46.7 hours a week<sup>1</sup> caring for their loved one and often neglect their own needs. Maintaining your physical and emotional health isn't a luxury or selfish: it is necessary, but can be challenging. Please take a moment to do this self-evaluation and provide yourself some honest feedback.

## My Physical Health:

I eat healthy meals regularly.

Never Rarely Occasionally Frequently

I drink at least 8 cups of water a day.

Never Rarely Occasionally Frequently

I get regular medical care when sick.

Never Rarely Occasionally Frequently

I get regular medical care for prevention.

Never Rarely Occasionally Frequently

I get enough sleep.

Never Rarely Occasionally Frequently

I exercise regularly.

Never Rarely Occasionally Frequently

I have regular physical contact with those I love.  
(hugs, sexual touch, etc.)

Never Rarely Occasionally Frequently

## My Psychological Health:

I am able to stay focused on tasks.

Never Rarely Occasionally Frequently

I feel useful and needed.

Never Rarely Occasionally Frequently

In a recent survey<sup>1</sup>:

**87%**

of caregivers reported a negative impact on their emotional health

**84%**

of caregivers reported a negative impact on their mental health

**76%**

of caregivers reported a negative impact on their physical health

**61%**

of caregivers reported a negative impact on their relationship with friends

<sup>1</sup>Kyowa Kirin Care Partner Survey (2022)

**I am able to make difficult decisions and feel confident about them.**

Never Rarely Occasionally Frequently

**I have a counselor or someone I can talk to when I need support.**

Never Rarely Occasionally Frequently

**I have strong family support.**

Never Rarely Occasionally Frequently

**I have people I can rely on.**

Never Rarely Occasionally Frequently

**I do things daily to help reduce my stress such as meditation.**

Never Rarely Occasionally Frequently

**I take time away from technology.**

Never Rarely Occasionally Frequently

**I spend time doing things that bring me joy.**

Never Rarely Occasionally Frequently

**I do things that contribute to causes I believe in.**

Never Rarely Occasionally Frequently

**I feel confident and appreciate myself.**

Never Rarely Occasionally Frequently

**I take breaks throughout the day.**

Never Rarely Occasionally Frequently

## **Setting Boundaries:**

**I have identified things I need help with and people who can help me.**

Never Rarely Occasionally Frequently

**I have reasonable expectations for what my loved one and I can do each day.**

Never Rarely Occasionally Frequently

**I have delegated things that others can do for me.**

Never   Rarely   Occasionally   Frequently

**I have learned when and how to say no.**

Never   Rarely   Occasionally   Frequently

**I allow my loved one to do as much as possible for themselves safely.**

Never   Rarely   Occasionally   Frequently

**I have awareness of my physical and emotional limits and I prioritize tasks.**

Never   Rarely   Occasionally   Frequently

**I feel strained between all of my responsibilities.**

Yes   No

**I feel I cannot leave my loved one alone.**

Yes   No

**What physical health areas do I need to focus on?:**

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**What psychological health areas do I need to focus on?:**

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**What boundaries do I need to set?:**

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**Ways I can achieve this:**

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