



"Is It Time? A Caregiver's Checklist for Burnout and Assisted Living Readiness"

Emotional & Mental Health Check

- ☐ I feel emotionally drained most days.
- ☐ I often feel anxious, irritable, or overwhelmed.
- ☐ I've lost interest in activities or hobbies I once enjoyed.
- ☐ I feel guilty when I take time for myself.
- ☐ I sometimes resent the person I'm caring for, even though I love them.
- ☐ I feel isolated and unsupported in my caregiving role.

Physical Wellness Check

- ☐ I'm frequently tired, even after sleeping.
- ☐ I have headaches, back pain, or muscle tension regularly.
- ☐ I've gained or lost a noticeable amount of weight.
- ☐ I skip meals or eat mostly convenience foods.
- ☐ I've delayed or skipped my own medical appointments.
- ☐ My own health issues have worsened since becoming a caregiver.

Daily Living & Safety Check

- ☐ My loved one's care needs take up most of my day.
- ☐ I struggle to manage medications, appointments, or hygiene routines.
- ☐ My loved one has had recent falls, confusion, or health scares.
- ☐ I worry about leaving them alone, even for short periods.
- ☐ I've had to miss work, important family events, or personal time.
- ☐ The home environment no longer feels safe or manageable.

Relationship Check

- ☐ I feel more like a nurse or assistant than a spouse, daughter, or son.
- ☐ My relationship with my loved one has become strained or distant.
- ☐ I rarely enjoy quality, relaxed time with them.
- ☐ I miss having meaningful conversations that aren't about care tasks.

Decision-Making Readiness Check

- ☐ I've thought about assisted living but feel unsure or guilty.
- ☐ I'm not sure how much longer I can sustain this caregiving role.
- ☐ I would feel relief—not shame—if I had help.
- ☐ I'm ready to explore what options exist for professional care.
- ☐ I want to return to being a loving family member, not a burned-out caregiver.

✅ *If you've checked 5 or more boxes...*

You may be experiencing caregiver burnout, and it could be time to consider new forms of support—including assisted living. Making this choice is not a failure—it's an act of love for both you and your loved one.

💬 **You're Not Alone—And You Don't Have to Do This Alone**

If this checklist resonated with you, it may be time to take the next step. At Sarawood Assisted Living, we understand the challenges of caregiving—and we're here to help you find peace of mind, renewed connection, and compassionate support for your loved one.

👉 Schedule a confidential conversation or a personal tour today. Let's talk about what's best for your family—no pressure, just support.

📅 [Click here to schedule your visit or call](#)

Together, we can find a path forward—one that honors your love, your health, and your family's future.

Sarawood Assisted Living

Closer Connections, Better Care

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