

Caregiver Needs Chart

The following chart can help you identify your needs as well as those of the senior you are helping. Simply place an "x" next to the statements that apply to you; then the chart will tell you about various options for addressing those concerns and summarize how services can benefit you. After you have completed this checklist, you will be better prepared to talk more specifically with family, friends, and service providers about your needs.

Place an "x" here for your concerns	Statement of concern	Services available in the District of Columbia	How the services can help you
	I don't know where to start.	Information and Referral	These services help you identify where you can get help.
	I need someone to teach me more about managing my caregiving responsibilities.	Education and Training	You can learn information to make caregiving easier.
	I need a break sometimes to take care of myself.	Respite	You must take a break in order to refresh yourself.
	My situation is so complex; I really need someone to help me make sense of everything.	Case Management	When an elder has several needs, case managers help you respond to them.
	Sometimes caregiving makes me feel alone.	Support Group	You can learn from others who are dealing with similar situations.
	The elder cannot be left alone during the day.	Adult Daycare or In-home Assistance	You will feel comfortable knowing the elder is supervised during the day.
	I am beginning to feel the physical effects of caregiving.	Physical Check Up, In-home Assistance or Adaptive Equipment	Take care of your own health and get help in the home.
	I can't afford to take care of the older person without help.	Financial Assistance, Caregiver Flex Account, or Senior Discount Programs	Many programs can help you decrease the financial burden of caregiving.
	I wish other family members would help me more.	Family Counseling or Case Management	Counselors can help your family develop a family plan of care.
	I could use some help with the elder's household chores.	In-home Assistance	You will have more time for other things.
	I am unable to keep up with the heavy chores at the elder's home.	Spring Cleaning	You will have more time for other things.
	I have some legal issues to handle for an older person.	Legal Counseling for the Elderly	You can make good decisions with legal advice.
	I have some health insurance questions pertaining to my senior relative or friend.	Health Insurance Counseling Program	You can better understand health insurance and your insurance rights.

	I need to find transportation for my older relative or friend.	Washington Elderly Handicapped Transportation Services and other senior transportation services	You will not always have to transport the elder.
	I want to start exploring a place for my older relative or friend to move that would provide some help.	Community Residential Facilities, Senior Housing, Assisted Living, or Nursing Homes	You can find supportive housing enabling the elder to live as independently as possible.
	My older relative or friend needs help with personal care such as bathing and dressing.	Home Health, Personal Care Attendant, In-home Assistance	Someone else can help you with daily personal need of the elder.
	I need to know that my older friend or relative is OK when I am not there.	Personal Emergency Response System, Friendly Visitors, Senior Companion, Respite Aide, Telephone Reassurance	The elder will have a way to signal for help when something is wrong.
	I am concerned that my elderly relative or friend might have Alzheimer's disease.	Geriatric Evaluation, Alzheimer's Information, Personal Physician	A physician will evaluate and verify if an elder has Alzheimer's disease and recommend treatment.
	My relative or friend is lonely and needs something to do.	Senior Centers, Wellness Centers, Nutrition Sites, Friendly Visitors, Senior Companions, Adult Daycare	The elder can socialize with his/her peers.
	My older relative or friends has 24-hour medical needs.	Private Nurse, Nursing Home Care, Assisted Living	The elder can receive the medical care needed.