

Caregiver Decision Making Worksheet

PA CareKit



This brief list of questions is intended to help you as the caregiver identify solutions and make informed decisions.

1. Define the decision. What are you trying to accomplish?
2. Describe the most pressing problem in your caregiving role. What is most stressful to you as a caregiver? How does it prevent you from achieving your goals?
3. What are your options to help resolve your problem or ease the stress? Is the situation one you can change? What assistance is available? Brainstorm options with your support system.
4. What are the advantages and disadvantages of the options?
5. Select one option, and develop a plan of action. What is your plan? What barriers to success do you see, and what resources can you draw on to help you overcome those?
6. Try the option for a specific period, such as one week. Evaluate your decision after the test period. How well is the option you chose helping you achieve your goals? Is your decision having the expected consequences? If necessary, readjust your plan.

Notes: _____

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Pro and Con Lists

Decision to be made: _____

Pros	Cons

Decision to be made: _____

Pros	Cons

Decision to be made: _____

Pros	Cons