

Caregiver Communication Assessment Tool

Identify areas of opportunity in a caregiver's communication between the person they care for, their support system, and their healthcare team.



COMMUNICATION & *CAREGIVING*



Caregiver and Survivor Communication

Communication between caregivers and survivors is crucial for many reasons, benefiting both parties. By talking openly and honestly, caregivers can better understand the emotional and physical needs of their loved ones, allowing them to provide the right support and care. It also helps build trust, creating a cooperative environment to make important decisions about treatment and recovery.



COMMUNICATION & CAREGIVING



Caregiver and Survivor Communication

Caregivers gain a deeper understanding of the person's concerns and preferences through open communication, which helps them offer more personalized care. Overall, keeping regular and honest communication strengthens the support system and improves the well-being of both caregivers and the loved ones they care for.

In the past week, I have..

	Yes	No
• Found it difficult to talk about myself and my needs with the person I am caring for.	<input type="checkbox"/>	<input type="checkbox"/>
• Found it difficult to talk to the person I care for about their needs.	<input type="checkbox"/>	<input type="checkbox"/>
• Noticed that we don't talk much to one another about things.	<input type="checkbox"/>	<input type="checkbox"/>
• Feared that if I shared how I feel, the person I care for won't understand	<input type="checkbox"/>	<input type="checkbox"/>
• Don't feel as though I have the right to share things, positive or negative, with the person I care for since they are undergoing such a difficult time.	<input type="checkbox"/>	<input type="checkbox"/>

COMMUNICATION & CAREGIVING



Caregiver and Survivor Communication Assessment

If you checked **yes** to any of the **caregiver and survivor** questions, you may want to consider developing a plan to address improving communication in this area. Using the journal prompts below, write responses to the questions.

Journal Prompts

When I hide how I'm feeling from my loved one, how does it affect me?

When I feel connected to my loved one, how does it make me feel?

How do I envision both of our lives getting better if we talked about how we are feeling?

COMMUNICATION & CAREGIVING



Caregiver and Support System Communication

It is important for caregivers to communicate with their family and friends for several reasons. Open communication allows caregivers to share their needs, concerns, and challenges with their loved ones, who can then offer the right support and understanding, which supports a person's mental and emotional health. These relationships help create a sense of unity and teamwork within the support system, making it stronger. Additionally, keeping everyone informed and updated ensures that everyone in the support system can provide assistance when needed. Overall, regular communication between caregivers and their support system makes caregiving more effective and beneficial for everyone involved.

In the past week, I have..

	Yes	No
• Found it difficult to talk about myself and my needs with the person I am caring for.	<input type="checkbox"/>	<input type="checkbox"/>
• Found it difficult to talk to the person I care for about their needs.	<input type="checkbox"/>	<input type="checkbox"/>
• Noticed that we don't talk much to one another about things.	<input type="checkbox"/>	<input type="checkbox"/>
• Feared that if I shared how I feel, the person I care for won't understand	<input type="checkbox"/>	<input type="checkbox"/>
• Don't feel as though I have the right to share things, positive or negative, with the person I care for since they are undergoing such a difficult time.	<input type="checkbox"/>	<input type="checkbox"/>

COMMUNICATION &

CAREGIVING



Caregiver and Support System Communication Assessment

If you checked **yes** to any of the **caregiver and support** system questions, you may want to consider developing a plan to address improving communication in this area. Using the journal prompts below, write responses to the questions.

Journal Prompts

When I hide how I'm feeling from my friends and family, how does it affect me?

When I feel connected and supported by my friends and family, how does it make me feel?

What stops me from sharing how I'm feeling with my support system?

COMMUNICATION

&

CAREGIVING



Caregiver and Healthcare Team Communication

It's important for caregivers to talk to their loved one's healthcare team for many reasons. By communicating openly, caregivers can learn about the patient's health, treatment plans, and any changes that might be needed. This knowledge helps caregivers take better care of their loved ones, make informed decisions, and provide the right support. At the same time, doctors and nurses can listen to the caregivers' observations, concerns, and needs and give them helpful advice and resources. Talking and working together like this improves the health of both the caregivers and their loved ones.

In the past week, I have..

	Yes	No
• Found it intimidating to talk to my loved one's healthcare team.	<input type="checkbox"/>	<input type="checkbox"/>
• Felt overwhelmed by the amount of information shared with me by doctors and care teams.	<input type="checkbox"/>	<input type="checkbox"/>
• Had a difficult time sharing what I've noticed about the health and progress of my loved one.	<input type="checkbox"/>	<input type="checkbox"/>
• Felt uncertain about the types of questions or concerns to bring up with my loved ones doctors and nurses.	<input type="checkbox"/>	<input type="checkbox"/>
• Been frustrated or confused about the next steps in my loved one's treatment plans.	<input type="checkbox"/>	<input type="checkbox"/>

COMMUNICATION & CAREGIVING



Caregiver and Healthcare Team Communication Assessment

If you checked **yes** to any of the **caregiver and healthcare team** questions, you may want to consider developing a plan to address improving communication in this area. Using the journal prompts below, write responses to the questions.

Journal Prompts

When I don't speak up during appointments with my loved one's healthcare team, how does it affect the person I love and me?

What stops me from talking to healthcare professionals during appointments?

What do I think might help improve communication between my loved one's healthcare team?

COMMUNICATION & CAREGIVING



Communication Goals

After some self-assessment and reflection, it's time to focus on small, actionable ways that you can begin to take care of yourself. Take some time to write down three communication goals to focus on for the next 30 days.

Goal Setting

When setting your goals, think **SMART**:

- Make your goals Specific "I will join the YMCA" versus "I will get active"
- Make your goals Measurable "I will add veggies to 3 meals a day" versus "I will eat veggies"
- Make your goals Attainable "I will lose one pound a week" versus "I will lose 100 pounds in one month"
- Make your goals Relevant "I will become CEO to support my mental health" versus "I will make an appointment to see my doctor to discuss my depression symptoms."
- Make your goals Time-bound "I will lose four pounds in one month by August 9th, 2023" versus "in a few months"

COMMUNICATION & CAREGIVING



My Goals..

Caregiver/Survivor goal example: "I will connect with my loved one once a day to check in with how we are both feeling by August 1st, 2023."

Caregiver/Support System goal example: "I will create a list of things that my family and friends can do to support us and share it with them by August 1st, 2023."

Caregiver/Healthcare Team goal example: "I will keep a running list of questions to ask my loved one's doctor on my phone by August 1st, 2023."
