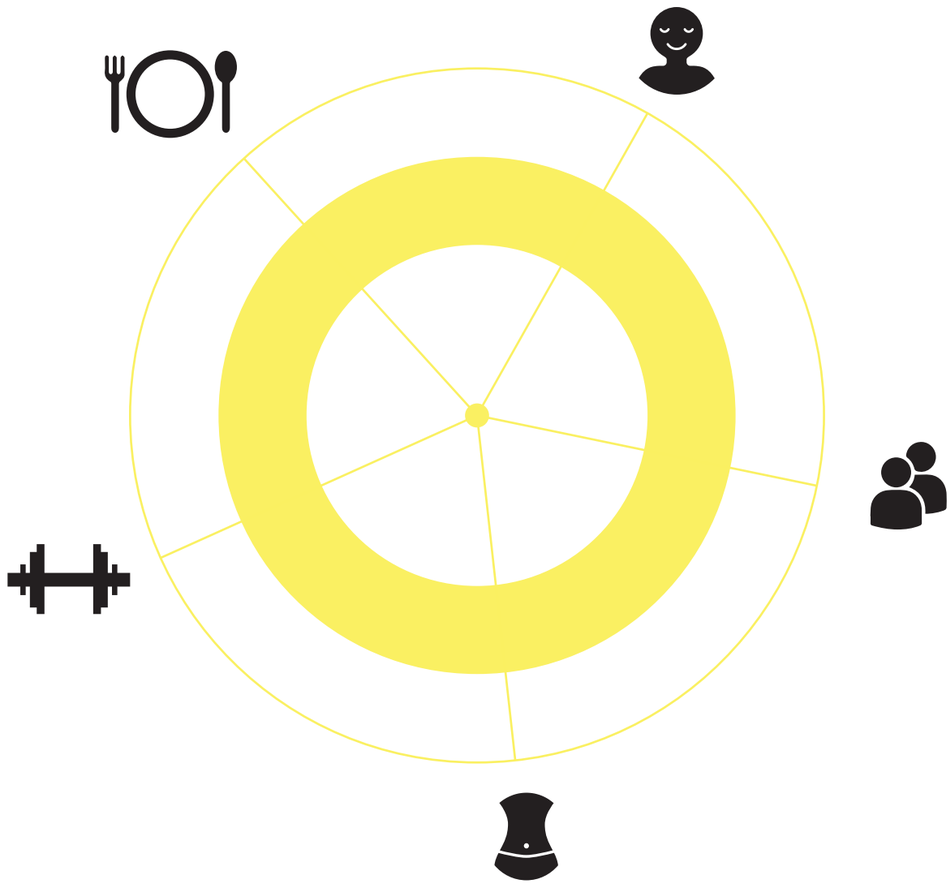
Caregiver Wellbeing



How much attention do you give each aspect of your health and wellbeing?
Reflect on each aspect and draw a dot on each axis to show the importance you give to it in daily life (further out is more important). Do this for all 5 aspects of health and wellbeing and connect the dots to view your Personal Wellbeing Map.

As a Caregiver you take care of the health & wellbeing of your loved one, but your own health is as important if not more important. Without your health you cannot be a good caregiver to your loved one!

This template is for you and your care professional to discuss your health & wellbeing and to discuss points for improvement.

Write down what you currently do for each health aspect in your life.

print A4 A3 A2

Food

Exercise

Mental

Body

Social

Your goal

Tip: Make your goal SMART: Specific, Measurable, Attainable, Realistic and Timely.