



Caregiver Self-Care Weekly Planner

You cannot pour from an empty cup

Warning signs to watch for, respite and self-care ideas, and a fill-in weekly plan -- print and keep it visible.

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Plan the breaks in, don't wait for them

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Warning Signs Worth Watching For

If several of these ring true, treat it as a signal to act now:

- Constant exhaustion that sleep doesn't fix
- Irritability, mood swings, or feeling overwhelmed
- Resentment, followed by guilt about it
- Withdrawing from friends and activities
- Neglecting your own health or appointments
- Frequent illness, headaches, or physical symptoms
- Trouble concentrating, or feeling you have nothing left to give

Resenting the person you care for, then feeling guilty, is a normal sign of being stretched too thin -- a cue for more support, not a sign you are failing.

Respite Ideas

- A few hours a week of time off, even small to start
- In-home respite care, an adult day program, or short residential respite
- A rota with family/friends -- give people specific tasks, not a vague ask
- Technology (a medical alert device, monitoring system, or pill dispenser) to reduce constant vigilance



Self-Care Ideas

- Guard your sleep
- Keep your own medical appointments
- Move and eat reasonably
- Stay connected -- protect at least some friendships and activities
- Make space for small things you enjoy -- a walk, a book, a coffee with a friend



This Week's Self-Care Plan

Write down one real thing for each day — even a small one counts

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Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

This is supportive guidance, not medical or mental-health treatment. If you feel persistently hopeless, depressed, or unable to cope, please reach out to your doctor or a mental-health professional.