Caregiver Support and Shared Load | Understand

The Load Is More Than the Visible Tasks

Adult caregivers | 5 to 8 minutes | Handout

Recognize practical, mental, and emotional caregiving work without blaming the caregiver.

Caregiving can include appointments, meals, transport, paperwork, coordination, and being the person who remembers what comes next. Some work is easy to see; some stays in your head. Feeling stretched does not tell us that you care too little.

How to use this page

Read the three areas and choose one that fits today. You do not need to list everything or prove that your situation is difficult enough to deserve support.

Notice the hidden work

Planning, checking, anticipating, and explaining can take effort even when no visible task is underway. A useful support may be someone taking responsibility for a whole small task, including arranging it, rather than asking you to direct every step.

Match help to the actual need

A short visit may offer company but not enough support for you to leave. A ride or meal may ease one practical demand. Respite and care services vary in availability and suitability. Ask about options that match the person's care needs and your circumstances.

Your care matters too

Consider one need of your own: rest, an appointment, food, privacy, connection, or relief from a task. A brief pause may help in the moment, but it cannot solve an unsafe or unmanageable care arrangement. Professional or community support may be needed alongside personal coping.

1. One part of the load I want another person to understand

Original educational material. Not a validated assessment or treatment protocol.

PK05-01 | continued

Facilitator notes and adaptation

Validate material and service barriers. Avoid guilt-based claims that self-care is required to be a good caregiver. Assess urgent unmet care needs through appropriate channels rather than relying on a worksheet.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PA08 | Centers for Disease Control and Prevention | Healthy Habits: Caring for Yourself When Caring for Another

https://www.cdc.gov/caregiving/caring-for-yourself/index.html

PA09 | National Institutes of Health | Social Wellness Toolkit

https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits/social-wellness-toolkit

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