

Caregiver Support and Shared Load | Review

Did the Support Reduce the Load?

Adult caregivers | 5 to 10 minutes | Worksheet

Evaluate whether a support arrangement actually eased work and what to change.

An offer can sound helpful and still leave you doing most of the organizing. This review looks at the practical effect of support, including its hidden cost. Gratitude and a need for change can exist together.

How to use this page

Choose one request, handoff, break, or service inquiry. If nothing happened, review why. Use ordinary descriptions rather than identifying health information when sharing the page.

Compare the expected and actual help

Was the task completed as agreed? Did you need to remind, explain, supervise, or repair something afterward? Did the care recipient feel respected? A smaller amount of reliable help may fit better than an ambitious arrangement that adds uncertainty.

Name the remaining need

What demand is still pressing? Perhaps the help addressed errands but not overnight care, emotional strain, cost, or your own health appointment. Notice what one arrangement could never reasonably have solved. Avoid asking one person to carry every kind of support.

PK05-06 | continued

Decide on the next arrangement

Keep a helpful agreement, clarify an endpoint, change a helper, or seek a service conversation. If there was no attempt, identify the access barrier and the next question. If care is unsafe or unmanageable, pursue timely appropriate assistance rather than extending the experiment.

1. What support actually happened, and what extra work did it create?

2. What need remains for me or the person receiving care?

3. One agreement to keep or change, or a service question to pursue

PK05-06 | continued

Facilitator notes and adaptation

Use the review to address system and resource barriers, not merely coping style. Do not infer neglect or caregiver competence from one worksheet; use appropriate professional assessment and procedures when concerns arise.

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>