

Caregiver stress

Sharing One Part of the Caregiving Load

Adults | 10 to 15 minutes

Caregiving can involve love, commitment, strain, frustration, and limited choices at the same time. You may be managing visible tasks and constant anticipation. Choose one part of the load that could be made clearer or shared without compromising essential care.

List a specific caregiving task or interruption. Include the dependent person's needs and your own capacity when considering alternatives.

Describe the full task

Include preparation, travel, monitoring, coordination, and follow-up rather than only the visible action. Notice which part requires your involvement and which might be shared.

Plan a realistic handoff

Identify who could help, what information they need, and what to do if they cannot. A service inquiry or backup plan can be a useful step even before help is available.

1. Which caregiving task or responsibility is hardest to sustain?**2. What hidden work or uncertainty does it include?****3. What specific part could someone else cover or help arrange?****4. What request and backup will protect both essential care and my needs?****Clinical use and adaptation**

Do not imply that caregivers are selfish for needing support or that respite is always available. Consider finances, disability, cultural expectations, safeguarding, and consent. Assess risk of exhaustion, neglect, or harm without blaming the caregiver for structural gaps.