

# Self-Care Checklist

Everyone's self-care plan is unique. Take a look at this checklist and circle any activities that you think you could benefit from doing more of. Try to pick at least one activity from each category to achieve feelings of balance and wellness in all areas of your life.

## Physical Self-Care

- Eat nourishing foods
- Eat regularly
- Participate in physical activity
- Get enough sleep
- Rest when you are sick
- Take care of personal hygiene
- Go on a walk or play a sport
- Go to medical appointments
- Follow medical recommendations

## Spiritual Self-Care

- Set aside time for thought and reflection
- Recognize things that give meaning to your life
- Live according to your values
- Participate in a cause that is meaningful to you
- Spend time in nature
- Meditate
- Pray

## Social and Relationships Self-Care

- Spend time with friends and people you like
- Call or write to friends and family far away
- Meet new people
- Have stimulating and meaningful conversations
- Spend romantic time with your partner
- Keep in touch with old friends
- Ask others for help when needed
- Do enjoyable activities with other people
- Share a fear, hope, or secret with someone you trust

## Mental and Emotional Self-Care

- Reflect on your own strengths and achievements
- Take time off from responsibilities
- Participate in hobbies
- Turn off distractions like text messages and emails
- Find reasons to laugh
- Express your feelings in a healthy way like talking, creating art, or writing
- Take time to notice your inner thoughts and feelings
- Write in a journal
- Identify comforting activities like taking a bath or re-watching an old movie
- Read a book
- Learn something new

*It is important to understand that the effects of Alzheimer's disease change over time. Your caregiving responsibilities will change as well. Answer True or False to the questions below.*

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1. There are activities, such as gardening, that someone with dementia or memory loss can still enjoy. T F
2. When signs of memory loss, confusion or dementia become obvious, it is a good idea to have the condition assessed by a medical practitioner to determine the cause of the confusion. T F
3. Sometimes people with Alzheimer's repeat the same words over and over. T F
4. Alzheimer's disease is one type of dementia that involves permanent changes in the brain. T F
5. It is less confusing for someone suffering from Alzheimer's or dementia to have the house clean and clutter-free. T F
6. When a person with Alzheimer's doesn't understand your requests, arguing helps. T F
7. People with dementia sometimes do not follow instructions because they are having momentary trouble understanding them. T F
8. Signs of memory loss can mean many other conditions other than Alzheimer's. T F
9. When a person is suffering from a delusion, you can argue with them. T F
10. A shut-off mechanism and a mechanism to control water temperature in a sink, tub, and shower will prevent accidental flooding and burns. T F

**KEY:** 1. T 2. T 3. T 4. T 5. T 6. F 7. T 8. T 9. F 10. T