NEUROVIAX ACADEMY

FREE PRINTABLE WORKBOOK · SIX-WEEK PATH

Caregiver Burnout Strain Check and Plan

Notice what is weighing on you and make a practical plan for support, respite, and your own care.

21	6	13	40
practice sheets	repeatable logs	MCSI items	print pages

Free download · This workbook is for education and self-reflection. It is not a diagnosis, a treatment, or a substitute for professional care.

START HERE 1 · CAREGIVER SUPPORT

Begin with one pressure point

You can start with one page today; you do not have to finish in order.

1. Complete the Modified Caregiver Strain Index on pages 4–6 if a structured snapshot would help.
2. Choose one strain that matters most today. A total is not a grade or category.
3. Pick a matching page: ask for help, plan respite, adjust a task, or protect a small recovery break.
4. Use repeat logs only when they help you notice a pattern. Skip any page that does not fit.

The caregiving situation I want to make more workable

One small change I can try in the next seven days

Keep it realistic. You may name a need before you know exactly how to meet it.

START HERE 2 · CAREGIVER SUPPORT

A six-week path you can adapt

Move at your own pace; repeat a week or use only the pages that fit.

Week	Focus	Choose a page	Done / note
1	Notice strain	MCSI and pressure point	
2	Map support	Support network map	
3	Ask clearly	Help request and task sharing	
4	Protect a break	Respite plan	
5	Set workable limits	Limits and warning signs	
6	Review and adjust	Weekly check-in	

What would make this path manageable?

Progress can mean asking one question or accepting one small form of help.

MEASURE 1 · CAREGIVER SUPPORT

Modified Caregiver Strain Index · items 1–7

Think about your caregiving experience. Mark one response for each item.

Response options: Yes, on a regular basis = 2; Yes, sometimes = 1; No = 0. Mark the matching value.

#	Modified Caregiver Strain Index item	Yes, regularly 2	Yes, some-times 1	No 0
1	My sleep is disturbed (For example: the person I care for is in and out of bed or wanders around at night)	☐	☐	☐
2	Caregiving is inconvenient (For example: helping takes so much time or it's a long drive over to help)	☐	☐	☐
3	Caregiving is a physical strain (For example: lifting in or out of a chair; effort or concentration is required)	☐	☐	☐
4	Caregiving is confining (For example: helping restricts free time or I cannot go visiting)	☐	☐	☐
5	There have been family adjustments (For example: helping has disrupted my routine; there is no privacy)	☐	☐	☐
6	There have been changes in personal plans (For example: I had to turn down a job; I could not go on vacation)	☐	☐	☐
7	There have been other demands on my time (For example: other family members need me)	☐	☐	☐

Yes, on a regular basis = 2; Yes, sometimes = 1; No = 0. Continue with items 8–13.

MEASURE 2 · CAREGIVER SUPPORT

Modified Caregiver Strain Index · items 8–13

Use the same response choices for each item.

Response options: Yes, on a regular basis = 2; Yes, sometimes = 1; No = 0. Mark the matching value.

#	Modified Caregiver Strain Index item	Yes, regularly 2	Yes, some-times 1	No 0
8	There have been emotional adjustments (For example: severe arguments about caregiving)	☐	☐	☐
9	Some behavior is upsetting (For example: incontinence; the person cared for has trouble remembering things; or the person I care for accuses people of taking things)	☐	☐	☐
10	It is upsetting to find the person I care for has changed so much from his/her former self (For example: he/she is a different person than he/she used to be)	☐	☐	☐
11	There have been work adjustments (For example: I have to take time off for caregiving duties)	☐	☐	☐
12	Caregiving is a financial strain	☐	☐	☐
13	I feel completely overwhelmed (For example: I worry about the person I care for; I have concerns about how I will manage)	☐	☐	☐

Yes, on a regular basis = 2; Yes, sometimes = 1; No = 0.

MEASURE 3 · CAREGIVER SUPPORT

Score and notice the details

Add all 13 item values. The total ranges from 0 to 26; no low, moderate, or high bands are used.

1. Write 2, 1, or 0 for each response and add the values.
2. List items marked "Yes, on a regular basis." They may identify topics to discuss.
3. Choose one practical next step. The total alone cannot tell you what support is right.

Total range: 0 to 26. No score bands.

My total / 26

Items I marked regularly and what I want understood

One person or service I could talk with

Interpret with care. This is a reflection prompt, not a diagnosis, complete assessment, or score category. A specific concern matters even with a lower total.

WORKSHEET 1 · CAREGIVER SUPPORT

Find the pressure point

Sort what feels hardest from what might be changeable.

Mark areas that fit today, then choose one to explore.

- [ ] Sleep or overnight interruptions
- [ ] Physical effort
- [ ] Time or travel
- [ ] Feeling confined
- [ ] Family changes or conflict
- [ ] Work or personal plans
- [ ] Money or supplies
- [ ] Upsetting behavior or memory changes
- [ ] Worry about managing

The pressure point I want to focus on

What makes it important today?

What is within my influence this week?

WORKSHEET 2 · CAREGIVER SUPPORT

Caregiving day timeline

See where care tasks and recovery time land across a typical day.

Sketch a usual day. Include care, work, travel, waiting, and rest. Mark the tightest transition.

Time block	Care / other demand	Who is involved	Breathing room

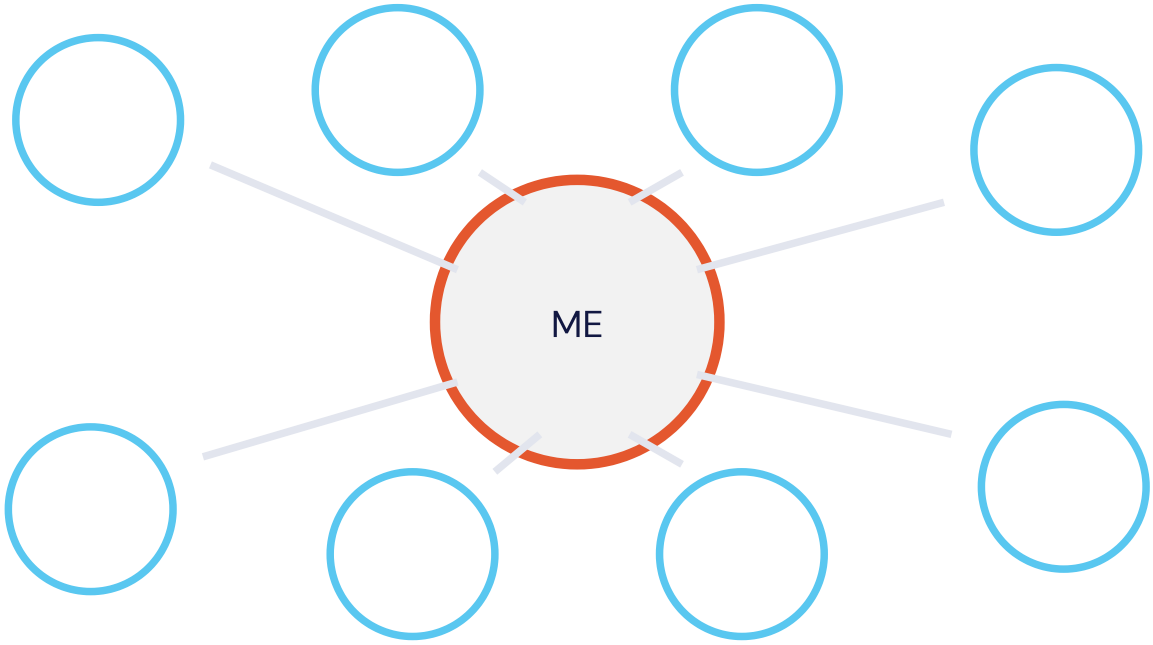
One transition I could simplify or share

WORKSHEET 3 · CAREGIVER SUPPORT

Support network map

Put people and services around you so one person is not the whole plan.

Write “me” in the center. Add people, services, places, and groups. Arrows can show who might help with what.



Who could help with one specific task?

A connection I want to strengthen or add

WORKSHEET 4 · CAREGIVER SUPPORT

My support inventory

Name the kind of help each person or service can realistically offer.

Person / service	Possible task	Best way to ask	Check-back date

A gap I notice and a possible next contact

WORKSHEET 5 · CAREGIVER SUPPORT

Build an ask for help

Turn a broad need into a clear, time-limited request.

1. Name one task.
2. Say when and how long help is needed.
3. Offer a simple way to say yes, no, or suggest another time.

> **Example:** "Could you stay with Dad from 2 to 3 on Saturday while I shop? If not, could you suggest another hour?"

The task I need help with

My request in my own words

If the answer is no, another option

Who I will ask and when

WORKSHEET 6 · CAREGIVER SUPPORT

Choose a useful help menu

List small tasks others can take on without a long explanation.

Think of errands, visits, meals, calls, transportation, or paperwork.

Task someone else could do	What they need to know	Who might do it	Check-in date

The easiest first request

WORKSHEET 7 · CAREGIVER SUPPORT

Plan a respite break

Plan coverage, key information, and how you want to use the break.

1. Choose a realistic length.
2. Identify coverage and a backup contact.
3. Share only the information needed for safe coverage.

Day, time, and length of break

Who will cover, and how I will ask

Essential routine / coverage information

Backup if the plan changes

How I would like to use the time

WORKSHEET 8 · CAREGIVER SUPPORT

Share the care tasks

Make hidden work visible so responsibilities can be discussed clearly.

Task	How often / time	Current person	Possible share or next step

One task to discuss together

What would make the arrangement workable?

WORKSHEET 9 · CAREGIVER SUPPORT

Daily care schedule

Make a day plan with care tasks, transitions, and protected pauses.

Plan only what is known. Leave open space for changes and breaks.

Time	Care task / appointment	Travel or setup	Break / backup

One task I can move, combine, or share

WORKSHEET 10 · CAREGIVER SUPPORT

My limits and warning signs

Notice early signals that your current pace may not be sustainable.

Use your own signs; this is not a diagnostic checklist.

- [ ] I am sleeping less or waking often
- [ ] My body feels tense, sore, or depleted
- [ ] I miss my appointments or meals
- [ ] I feel more irritable or numb than usual
- [ ] I avoid calls or asking for help
- [ ] I have no dependable break

My early signs, in my words

A limit I need to communicate

What I will do if this continues or worsens

WORKSHEET 11 · CAREGIVER SUPPORT

Set a workable boundary

Choose what you can do, what you cannot, and what you will communicate.

I can reliably do

I cannot reliably do

A respectful sentence explaining my limit

A task, service, or person I can involve instead

A limit is information for planning. It does not measure how much you care.

WORKSHEET 12 · CAREGIVER SUPPORT

Protect work and personal plans

Identify a change that matters to you and the practical conversation it needs.

Consider paid work, study, friendships, appointments, rest, or a personal plan.

A plan or role that caregiving has changed

What I miss or want to protect

One adjustment I could explore

Who needs to be part of this conversation?

WORKSHEET 13 · CAREGIVER SUPPORT

Map time and money strain

Separate costs and time pressures into questions you can ask.

Time costs: travel, waiting, missed hours

Money costs: supplies, bills, paid help

Pressure	What is known	Question / resource

One next question to take to a service or person

WORKSHEET 14 · CAREGIVER SUPPORT

Family adjustment conversation

Prepare to discuss a change in routine, privacy, or shared responsibility.

Choose a calm time if possible. Focus on one concrete change and one request.

The change affecting routine or privacy

What I want others to understand

A specific request or short experiment

How we will check whether it helped

WORKSHEET 15 · CAREGIVER SUPPORT

Solve one caregiving problem

Define one solvable problem, consider options, and choose a small test.

1. Describe the problem as something observable.
2. List more than one possible response.
3. Choose a safe next step and review date.

The specific problem, not the whole situation

Options I can think of

Next step and who can help

When I will review what happened

WORKSHEET 16 · CAREGIVER SUPPORT

What can wait?

Sort tasks by urgency and decide what can be delayed, delegated, or dropped.

Needs attention soon

Can wait, be shared, or be dropped

One task I will postpone or delegate

What must be in place for that to feel safe?

WORKSHEET 17 · CAREGIVER SUPPORT

Create a self-care plan that fits

Choose small actions that fit your life rather than an ideal schedule.

Self-care can be practical: food, medication, sleep, movement, connection, or a pause.

Area	Small action	When / cue	Backup version

The smallest version I can do on a hard day

WORKSHEET 18 · CAREGIVER SUPPORT

Make a hard-day plan

Write a short plan for a day when energy, time, or patience is limited.

1. Choose what is essential for safety today.
2. Identify one call or task to simplify.
3. Use support and emergency options when needed.

Essential care tasks today

What can be delayed or delegated?

Person or service I can contact

One kind thing I can do for myself

If there is immediate danger or a medical emergency, use local emergency services.

WORKSHEET 19 · CAREGIVER SUPPORT

Weekly check-in and next step

Review what changed, what stayed difficult, and what you want to try next.

What took the most energy?

What gave even a little support?

A request, boundary, or break I tried

What I learned

One next step for the coming week

WORKSHEET 20 · CAREGIVER SUPPORT

Fictional example 1 · A break in the week

Turn a general need into a specific request and a backup plan.

Fictional example. Lena supports her uncle after work. She has skipped groceries twice because no one can cover Tuesday evenings. She asks, “Could you stay with Omar from 5:30 to 6:30 next Tuesday while I shop?” Her cousin cannot do Tuesday but offers Thursday. Lena accepts and asks a neighbor to be a backup another week. She uses the hour for groceries and a quiet meal.

Notice the steps

- [ ] The need is specific
- [ ] The request names a time
- [ ] A second option is considered
- [ ] The break has a chosen purpose

A task I could ask someone to cover

My first request and backup possibility

What would make the request easier?

WORKSHEET 21 · CAREGIVER SUPPORT

Fictional example 2 · Adjusting a task

Respond to physical strain by asking about safer and shared options.

Fictional example. Marcus helps his mother with laundry in a basement. His back aches after carrying baskets. He asks his sister to take laundry on Sundays and asks the home-care coordinator whether a different setup could reduce lifting. He does not assume pain is something he must tolerate.

Notice the steps

- [ ] The strain is named without blame
- [ ] A task is identified
- [ ] A person or service joins the plan
- [ ] A follow-up is set

A physical or time demand I want to change

Who could help explore a safer option?

What question will I ask, and when?

REPEAT · TRACKER 1 · CAREGIVER SUPPORT

Weekly strain check

Repeat this brief check weekly if it helps you notice changes.

Make copies

Week	Sleep	Time	Physical	Emotional	Work / money	Total / 26

One item I want to discuss or act on

REPEAT · TRACKER 2 · CAREGIVER SUPPORT

Care tasks and handoffs

Record tasks that are shared so responsibilities and follow-up stay clear.

Make copies

Date	Task	Who is responsible	Handoff detail	Follow-up

A handoff detail to clarify

REPEAT · TRACKER 3 · CAREGIVER SUPPORT

Medication and appointment log

Use this reminder record to support communication with the authorized care team.

Make copies

Use safely. Follow clinician and pharmacy instructions. This page does not replace medication labels or an official care record.

Date / time	Medication or appointment	Instruction / location	Question / follow-up

Who should receive a follow-up question?

REPEAT · TRACKER 4 · CAREGIVER SUPPORT

Sleep and energy check

Notice whether rest and energy shift alongside caregiving demands.

Make copies

Date	Sleep / interruptions	Energy 0–10	Main demand	Support used

A pattern I notice without judging myself

REPEAT · TRACKER 5 · CAREGIVER SUPPORT

Support contacts and follow-through

Track a request, referral, or call and the next step.

Make copies

Date	Person / service	What I asked	Response / next step	Check-back

One follow-up to remember

REPEAT · TRACKER 6 · CAREGIVER SUPPORT

Respite and recovery log

Record breaks planned, what made them possible, and what to adjust.

Make copies

Date / length	Coverage plan	What helped	How I used the break	Next adjustment

A realistic break to plan next

QUICK REFERENCE 1 · CAREGIVER SUPPORT

Words for asking and responding

Use a starting phrase and adapt it to your relationship and request.

Ask for one task

- “Could you take one grocery trip this week? I can send the list.”
- “Would you stay with her for an hour on Thursday?”
- “Could we divide the calls so I am not the only contact?”
- “Can you sit with me while I ask about respite?”

When the answer is uncertain

- “Would another day or a smaller task work better?”
- “If you cannot, do you know who else I could ask?”
- “Could you let me know by Friday so I can make another plan?”

Name a limit

- “I can cover mornings, but I cannot safely lift alone.”
- “I need to keep my appointment. Let’s find coverage for that hour.”
- “I cannot take on another task this week. Let’s find another option.”

A phrase that sounds natural in my voice

QUICK REFERENCE 2 · CAREGIVER SUPPORT

Support and urgent-help card

Keep contacts that fit your location and situation where you can find them.

United States caregiver support

Eldercare Locator
1-800-677-1116
Ask about local aging services, caregiver support, and respite options.

Emotional crisis

If you are thinking about harming yourself, contact your local emergency number or a crisis line now.
In the United States, call or text 988 for the 988 Suicide & Crisis Lifeline. Call 911 for an immediate emergency.

My local contacts

Primary care or care-team contact

Trusted person who can respond

Local emergency or after-hours number

Outside the United States, use crisis and emergency services where you live.

GUIDE 1 · CAREGIVER SUPPORT

What the strain check can and cannot say

The MCSI helps organize a conversation about strain; it cannot explain the whole situation.

The Modified Caregiver Strain Index (MCSI) asks about practical, physical, emotional, time, work, and financial experiences. Each response is scored 0, 1, or 2. Add 13 items for a total from 0 to 26.

The source does not assign low, moderate, or high categories. A total is one snapshot. Specific answers and circumstances matter. A single concern can deserve support regardless of the total.

Use these pages to identify a practical next step: a conversation, task adjustment, respite question, local service, or fuller assessment with a qualified professional.

Reflect

What does my total leave out about my situation?

Which item do I want someone to understand?

Not a diagnosis. The MCSI is not a complete assessment or care recommendation.

GUIDE 2 · CAREGIVER SUPPORT

Use the pages in an order that fits

Choose a small cycle of notice, plan, try, and review instead of aiming for a perfect routine.

1. **Notice:** complete or revisit the MCSI and choose one strain area.
2. **Map:** use the support map and inventory to name what is available.
3. **Plan:** draft one request, respite option, schedule adjustment, or boundary.
4. **Try:** make one small change that seems safe and realistic.
5. **Review:** use a weekly check-in and revise without blaming yourself.

If a plan does not work

Look for a barrier: timing, cost, access, another person's needs, or unclear information. Ask a service provider or trusted person what alternatives exist. You do not have to solve the whole system alone.

The first page I will use and why

A barrier I may need help navigating

Who could help me ask the next question?

GUIDE 3 · CAREGIVER SUPPORT

Caregiving conversations and practical supports

Ask questions that fit your location, eligibility, and care situation.

Questions for a care team or local service

- What tasks can I safely do, and what should I not do without training?
- Is there a respite, adult day, transportation, or caregiver support option nearby?
- What eligibility or cost details should I know before applying?
- Who can help plan if the usual caregiver is unavailable?
- How should changes or new symptoms be reported?

Prepare for a call

- [ ] Write the main question first
- [ ] Keep relevant contact information nearby
- [ ] Ask for the next step and who owns it
- [ ] Note a callback date

My question for the next call

The answer or next step I need to record

Services and eligibility vary. Confirm current details directly with the local provider.

CLINICIAN GUIDE 1 · CAREGIVER SUPPORT

Using these pages in a support conversation

These educational pages can organize reflection; they do not replace individualized assessment or care planning.

1. Ask permission before introducing the MCSI or a reflection page.
2. Offer the person a choice to skip an item, pause, or discuss one concern rather than the total.
3. Review item-level responses and context; do not impose score bands or infer a diagnosis.
4. Ask what practical or emotional support the caregiver wants to explore.
5. Follow your role, training, local safeguarding duties, and organization procedures.

> **Respect agency.** Priorities, culture, family structure, resources, and constraints shape what is feasible. Do not assume respite or family help is available.

Local referral, consent, or follow-up steps to confirm

A question that invites the caregiver's priorities

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Fictional examples are invented for learning. Local service availability and eligibility vary; verify details directly.

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