Caregiver Needs and Concerns Checklist (CNCC)

A. Put **CHECKMARKS** next to ALL of the areas listed below that you need help with or need more information about.

B. Of those you checked, **put an X** in the box next to the areas that you feel you need a LOT of help with or need a LOT of information about. These should be the areas that are most important for you.

C. The nurse will help you decide which of the areas you want to focus on first when she calls.

Skill-Building

- ☐ SB1. Strengthening existing skills
- ☐ SB2. Screening for depressive symptoms and other emotions
- ☐ SB3. Maintaining realistic schedule and expectations
- ☐ SB4. Problem solving strategies
- ☐ SB5. Communicating with health professionals
- ☐ SB6. Stress management workbook for caregivers and survivors
- ☐ SB7. Goal Setting: Taking care of your health

Finding information about stroke

- ☐ 1. The warning signs of another stroke.
- ☐ 2. What is a stroke and what to expect at home.
- ☐ 3. Risk factors for another stroke (e.g., controlling high blood pressure, diabetes).

- [ ] 4. Recommended lifestyle changes after stroke (e.g., eating a healthy diet, being physically active, stopping smoking, getting regular checkups).

- [ ] 5. The stroke survivor's medications (e.g., drug name, what it's for, dosage, possible side effects).

- [ ] 6. How to manage specific problems the stroke survivor may have (e.g. constipation, bowel or bladder incontinence, dizziness, fatigue, pain).

- [ ] 7. Which health professionals to call for advice (e.g., doctor, nurse, physical therapist, occupational therapist, speech therapist, social worker).

- [ ] 8. Where to find resources (e.g., books, magazines, videos, websites, organizations, support groups).

Managing survivor emotions and behaviors

- [ ] 9. Dealing with the stroke survivor's emotions (e.g., mood fluctuations, anxiety, nervousness, anger, depression, poor future outlook).

- [ ] 10. Dealing with the stroke survivor's feelings about himself or herself (e.g., feelings of dependency, feelings of being a burden on others, worthlessness).

- [ ] 11. Dealing with the stroke survivor's difficult behaviors (e.g., cries easily, acts childlike, loses temper, uses foul language, waits for others to do things, doesn't appreciate caregiver).

- [ ] 12. Dealing with the stroke survivor's changed personality.

- [ ] 13. Dealing with the stroke survivor's problems with thinking (e.g., loses or forgets things, has poor judgment, can't make decisions, confusion).

- [ ] 14. Communicating with the stroke survivor (e.g., trying to understand him or her, getting him or her to understand me, using the telephone, dealing with the frustration of communication).

- [ ] 15. Love, affection, and sexuality issues.

☐ 16. Keeping the stroke survivor socially active (e.g., keeping in touch with friends, finding someone to talk to who's had a stroke).

Providing physical care

☐ 17. Getting the stroke survivor to eat (e.g., forgets to eat, refuses to eat, or has trouble swallowing).

☐ 18. Helping the stroke survivor to take medications.

☐ 19. Helping the stroke survivor to exercise.

☐ 20. Learning how to help the stroke survivor walk, transfer to a wheelchair, move about, or avoid falls.

☐ 21. Assisting the stroke survivor with bathing, dressing, or going to the bathroom.

Providing instrumental care

☐ 22. Learning how to manage finances (e.g. checkbooks, bills, forms, or finances related to the stroke survivor's health care).

☐ 23. Trying to cover the cost of the stroke survivor's health care (e.g., medications, glasses, adult daycare, therapy, services).

☐ 24. Legal healthcare issues and social security (e.g., Power of attorney, living wills, social security)

☐ 25. Going places with the stroke survivor (e.g., transportation, public places, handicap facilities, driving issues).

☐ 26. Finding care for the stroke survivor while I am away.

Dealing with own personal responses

☐ 27. Dealing with my own emotions while providing care (e.g., mood fluctuations, anxiety, nervousness, anger, depression, poor future outlook, feelings of loss).

- [ ] 28. Dealing with new responsibilities that I am not used to (e.g., taking on unfamiliar household tasks, or things the stroke survivor used to do).

- [ ] 29. Finding the best way to ask family and friends for help.

- [ ] 30. Dealing with other things in my life (e.g., balancing work with caregiving, caring for other family members).

- [ ] 31. Taking care of my own health.

- [ ] 32. Keeping my energy level up.

- [ ] 33. Keeping my own social life going (e.g., getting out with friends and family, attending church, having free time for myself).

Other needs and concerns

- [ ] 34. Finding a nursing home

- [ ] 35. End of life