

Skill-Building Tip Sheet #SB1



Strengthening existing skills

Skill-building includes strengthening your existing caregiving skills. *Skills include such things as giving medications, assisting with transportation, helping to manage the survivor's emotions, taking care of yourself, among other things.* Many common caregiving skills are listed in the Caregiver Needs and Concerns Checklist (CNCC). **Pick a skill to focus on.**

_CNCC Item # _____

Let's validate the skill.

Describe your skill. What is it that you are doing in performing this skill?

Sometimes just telling someone how you do a skill helps you to think things through. It also gives you a chance to ask others what they think. Ask the TASK III study nurse what she thinks. Ask the stroke survivor. Ask a trusted friend or family member. Ask the doctor or others involved in the survivor's care.

- Do you think you are handling this skill well? _____
- Do others think you are handling this skill well? _____
- What suggestions do others have for you? _____

What are you doing now to learn this skill or make it easier?

You may be feeling pretty good about how you are managing your skill. You may feel that you need to strengthen your skill further. You may feel the need for more strategies about how to handle this skill. What are you doing now to learn more about this skill?

Are these strategies working well for you? _____



It is important to look at what you are doing for a skill. Plus, give yourself credit for how you are managing this skill.

What do you still need to know about this skill?

Even though managing this skill may be easy, you may still want to learn more about this skill. Here are some questions for you to answer, along with other tip sheets that you can go to so you can learn more.

1. Are you needing more information or tips on how to (insert your skill) **CNCC Item #**?
2. Are you wondering about how you as a caregiver can help with _____?

If your answer to 1. or 2. is **yes**, then look at the Table of Contents or the Caregiver Needs and Concerns Checklist (CNCC) for your skill and find the tip sheet for that skill. **The CNCC Item # matches the numbered tabs for the tip sheet that addresses your skill.**

3. Are you having trouble asking doctors or other professionals for information about _____?
4. Are you having trouble understanding what doctors or other professionals are telling you about _____?
5. Are you having trouble getting ahold of the doctor or other professionals to talk about _____?
6. Are you getting mixed messages about _____ from doctors or other professionals?

If your answer to 3., 4., 5., or 6., is yes, then look at Skill-Building Tip Sheet #SB5. Communicating with Health Professionals.

7. Are you having trouble solving problems about _____?

8. Are you having trouble finding solutions to help with _____?

If your answer to 7. or 8. is yes, then look at Skill-Building Tip Sheet #SB4. Problem solving strategies.

9. Are you having trouble finding the time to _____?

10. Are you unsure of whether you are doing the right thing by _____?

11. Are you unsure of whether you are doing enough about _____?

12. Are you expecting too much of yourself by _____?

If your answer to 9., 10., 11., or 12. is yes, then look at Skill-Building Tip Sheet #SB3. Maintaining realistic schedule and expectations.

13. Are you stressed out because of this skill _____?

14. Are you experiencing negative emotions about _____?

If your answer to 13. or 14. Is yes, then look at Skill-Building Tip Sheet #SB2. Screening for depressive symptoms and other emotions, and Skill-Building Tip Sheet #SB6. Stress Management Workbook for Caregivers and Survivors.

15. Are you avoiding taking care of your own health? _____?

16. Are you having trouble exercising or managing your diet _____?

If your answer to 15. or 16. Is yes, then look at Skill-Building Tip Sheet #SB7. Goal Setting: Taking Care of your Health.

Don't forget to give yourself credit for the good things you are doing!

