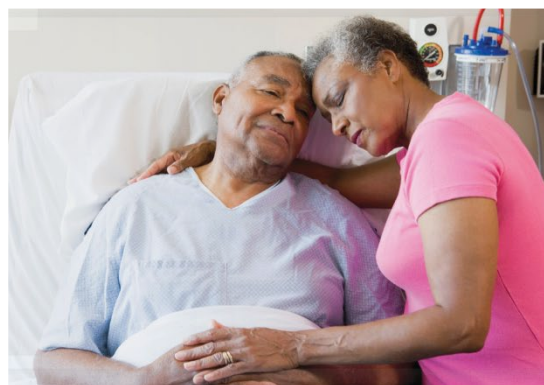
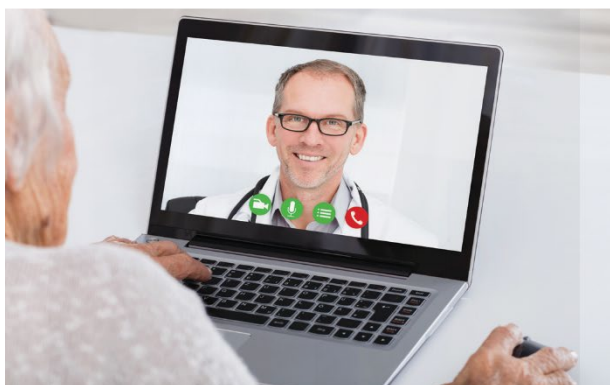
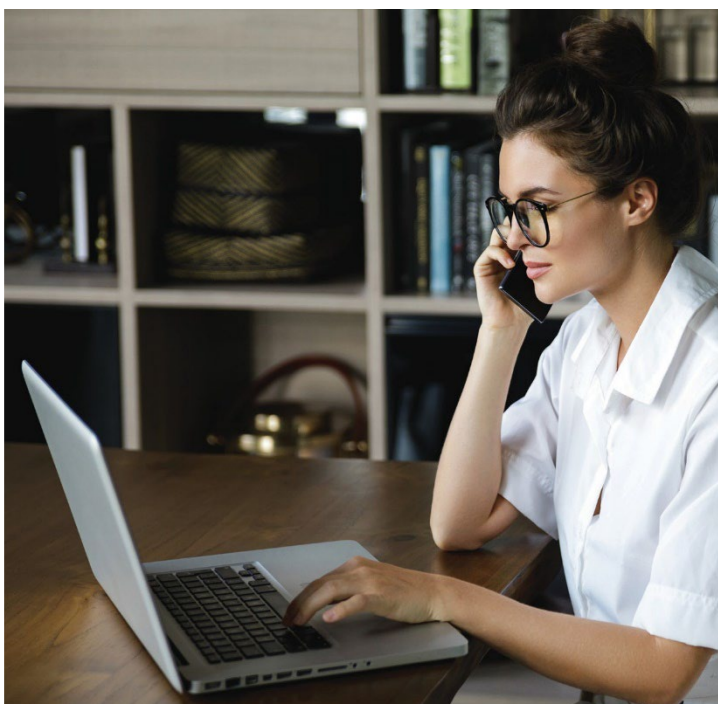




# TASK III

## Telehealth Assessment and Skill-Building Kit *A Resource Guide for Family Caregivers of Stroke Survivors*

Tamilyn Bakas, PhD, RN, FAHA, FAAN



## ***The Telehealth Assessment and Skill-Building Kit (TASK III): A Resource Guide for Family Caregivers of Stroke Survivors***

### **Introduction**

The TASK III Resource Guide will help you on your journey of providing care for your loved one with stroke. **Do not feel that you must read everything in this binder.** Use it like a dictionary to look up the content that you need. The Table of Contents provides the page numbers for each tip sheet. The index tabs take you to specific numbered tip sheets.

A nurse will call you once a week for 8 weeks, with a final call a month later. **The nurse will help you learn how to use this guide.** Below are recommended steps to follow during your calls with the nurse.

Step 1: Complete the Caregiver Needs and Concerns Checklist (CNCC).

- 1a. Circle the checkmarks you need the most help with.
- 1b. Select a circled checkmark to focus on with the nurse.
- 1c. Complete the CNCC tracking form for each call with the nurse.

Step 2: Complete the Bakas Caregiving Outcomes Scale (BCOS).

- 2a. Circle your response for each of the BCOS life changes.
- 2b. Select a BCOS life change item to focus on with the nurse.
- 2c. Complete the BCOS tracking form for each call with the nurse.

Step 3: Review the list of CNCC Skill-Building tip sheets (SB1 - SB7).

- 3a. Select a Skill-Building tip sheet to focus on with the nurse.
- 3b. Go to SB7 Goal Setting and create a goal to improve your health.

Step 4: Review the tip sheets from Steps 1 – 3 to focus on with the nurse.

- 4a. Review a CNCC tip sheet.
- 4b. Review a BCOS life change tip sheet.
- 4c. Review a Skill-Building tip sheet.
- 4d. Review the SB7 Goal Setting Skill-Building tip sheet.

By following these steps, you will be able to: a) assess your CNCC needs and concerns; b) assess your BCOS life changes; and c) build your skills as a stroke family caregiver; and d) set goals to improve your own health.

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## **Disclaimer**

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The TASK III program is meant to educate, but it should not be used as a substitute for personal medical advice. Readers should consult their physician or health care provider for specific information concerning their own medical conditions or those of the stroke survivor. The author has done her best to present information that is accurate up to the time of publication. However, as research and development are ongoing, it is possible that new findings may supersede some of the information provided by the TASK III program.

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