



Reflection Journal - Staying Active

Activity 3.1

What is the mobility level of the person you are caring for?

How do you set realistic goals to help the person you are caring for stay active as much as possible?

What activity or activities does the person you care for find enjoyable? Are there activities you enjoy to do together?

Activity 3.5

Write down two or three strategies from this module that could be useful for you in your caregiving.



4. Although not the case for everyone, many caregivers express that providing care to another person makes them feel good. These positive feelings make them feel energized and keep them going each day.

- In what areas of caregiving do you find joy?

- What areas of caregiving do you find stressful?

5. Experienced caregivers explain that they are able to stay strong by searching inside themselves and relying on their strength of character to keep them going during difficult days. Some examples of these strengths include patience, love, faith, core values, integrity, and compassion.

- What strengths do you possess and draw from when you are faced with challenges?



Tool 1.1 - Caregiver Strengths Activity

Take a moment to consider the questions below. By identifying your strengths, you will be better able to enhance your social network and prioritize self-care as part of your caregiving practice.

1. Experienced caregivers explain that they feel stronger when family and friends are around to support them.

- Who are some of the people you can count on for support?

2. Caregivers share that they feel stronger in their ability to provide care when they feel that they are being treated as a part of their person’s care team by the healthcare professionals they encounter.

- What does it mean for you to feel included as part of the care team? What would an ideal caregiving team look/feel like for you?

3. Experienced caregivers agree that they gain strength from self-care. For example, taking time to relax, enjoy themselves, stay active, spend time with friends, spend time with pets, and rest.

- What are some activities or ways that help you stay replenished?
