



QUALITY CARE SENIOR

Caregiver Self-Assessment

Is it Time for Backup?

Take a quiet moment to check in with your heart. This isn't a test; it's a way to see if you're carrying more than you were meant to hold alone.

The Assessment

1	Do you feel like you have no time for yourself?	YES ☐ NO ☐
2	Have you lost interest in hobbies you used to enjoy?	YES ☐ NO ☐
3	Do you feel resentful toward other family members who don't help as much?	YES ☐ NO ☐
4	Are you experiencing more frequent headaches or back pain?	YES ☐ NO ☐
5	Do you feel guilty when you aren't with your loved one?	YES ☐ NO ☐
6	Has your performance at work suffered due to caregiving duties?	YES ☐ NO ☐

UNDERSTANDING YOUR ANSWERS

If you answered "Yes" to 3 or more questions, it may be time to bring in backup.

That is not weakness. That is wisdom. That is love.

**You don't have to carry this alone.
Quality Care Senior is here to help you breathe again.**

CALL US TODAY · 678-996-6929

Quality Care Senior

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"Heart-led care for the ones who raised you"