



Wheel of Wellness Caregiver Check

Take care of yourself so you can keep showing up



Parenting Solo



Parenting Together

You spend so much time taking care of others. This quick check helps you see how YOU are doing — your energy, your feelings, your support system. Based on tools used by doctors who work with caregivers like you.

⌚ Takes ~5 minutes



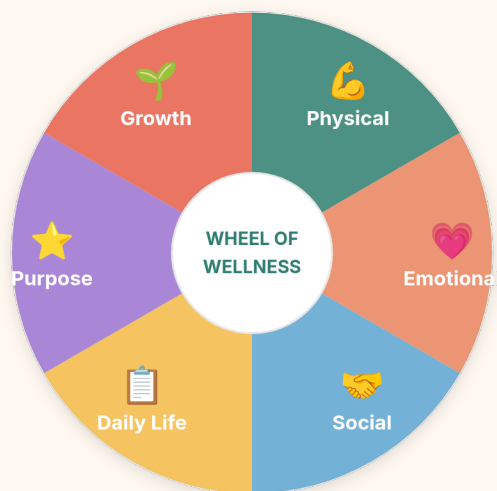
Results made for you



Links to help



Private & safe



Adapted from Caregiver Well-Being Scale Short Form (Tebb & Berg-Weger, 2016) and CAREPAL-8 (CAREPAL, 2024)



Your Caregiver Check

Question 4 of 18

- Physical Emotional Social Daily Life Purpose Growth

PHYSICAL WELLNESS

Q 1 / 18

When did you last see a doctor for YOUR own health check?

- ☒ Not in the past year
- ☐ In the past 6 months
- ☐ 6-12 months ago
- ☐ In the past 3 months

EMOTIONAL WELLNESS

Q 4 / 18

How often do you feel worn out or weighed down by all you have to do?

- ☐ Almost every day
- ☒ More days than not
- ☐ Once in a while
- ☐ Rarely

SOCIAL WELLNESS

Q 7 / 18

Do you have someone who can watch your kids so you can take a break?

- ☒ No, not really
- ☐ Yes, when I plan ahead
- ☐ Sometimes, but not often
- ☐ Yes, I have reliable help



✓ Check Complete

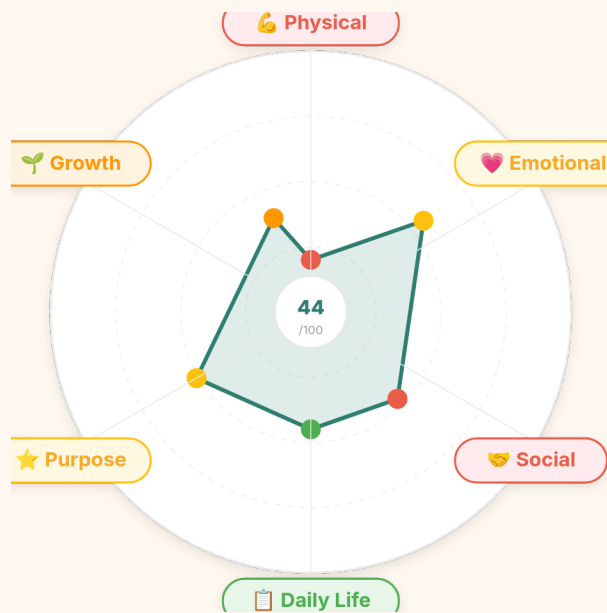
Your Caregiver Snapshot

Here is what your answers show about how you are doing across six parts of wellness. Areas with lower scores may need attention so you can keep showing up for the people you love.

OVERALL WELLNESS SCORE

44 / 100

You give a lot to others. Some parts of your own wellness could use care.



Physical

Needs Attention

Score: 20/100

You may be putting your own health last. Even small acts of self-care can give you more energy.



Emotional

Okay

Score: 35/100

You carry a lot. Having someone to talk to could help lighten the load.



Social

Needs Attention

Score: 25/100

Getting breaks and having backup matters. Respite and community support can help.



Daily Life

Strong

Score: 75/100

You manage day-to-day systems well. This is a real strength.



Purpose

Okay

Score: 50/100

Caring for others gives life meaning. There may be room for YOUR voice too.



Growth

Okay

Score: 35/100

Learning and growing may be on hold. Small steps toward your own goals can boost you.



Physical Wellness Resources

Your Physical Wellness score shows you may be putting your own health on hold while caring for others. This is very common — and you deserve support.

→ Taking care of your own body helps you have the energy to care for your family.



Respite Care Near You

Find trained respite care so you can take a break, go to an appointment, or just rest. Many providers accept Medicaid waivers.

Local Directory

[Learn More →](#)



Caregiver Health Programs

Programs built for caregiver health — fitness classes, stress workshops, and nutrition help that fit a busy life.

Programs

[Learn More →](#)



Doctor Finder for Caregivers

Search doctors who understand the unique health needs of caregivers. Includes specialists taking new patients.

Directory

[Learn More →](#)



Adaptive Recreation

Find inclusive fitness and recreation programs for the whole family. Adaptive sports, outdoor fun, and more.

Activities

[Learn More →](#)



Connect with a Parent Mentor

Talk to someone who has been there. Our trained parent mentors offer peer support, guidance, and encouragement — at no cost.

[Get Connected](#)

