

CAREGIVER CHECK-IN CARD

A short check-in for the person carrying the practical and emotional load

Cancer support often focuses on the patient. The person driving, organising, remembering, reassuring and holding everything together can become visible only through what they do.

This card is about you, not only the help you provide.

HOW AM I, REALLY?

Today I feel:

- ☐ steady
- ☐ tired
- ☐ overwhelmed
- ☐ frightened
- ☐ angry
- ☐ numb
- ☐ lonely
- ☐ unsure
- ☐ something else: _____

WHAT IS TAKING THE MOST FROM ME?

- ☐ appointments or transport
- ☐ medication and practical organisation
- ☐ work or money pressure
- ☐ interrupted sleep
- ☐ difficult conversations
- ☐ watching someone I love struggle
- ☐ keeping other people updated
- ☐ feeling that I must stay strong
- ☐ something else: _____

WHAT DO I NEED TODAY?

- ☐ quiet
- ☐ sleep or rest
- ☐ food or practical help
- ☐ someone to listen without fixing
- ☐ a break from cancer conversation
- ☐ help with one specific task
- ☐ clear information about what happens next
- ☐ permission to say no
- ☐ something else: _____

ONE THING I CANNOT KEEP CARRYING ALONE

ONE PERSON I CAN ASK

Name: _____

The specific help I can ask for:

A MESSAGE I CAN USE

I am managing a lot at the moment. Could you help with _____ this week?

I do not need advice today. I need someone to listen for ten minutes.

Could you check in with me as well as asking how they are?

I need a short break. That does not mean I care any less.

A REMINDER

You can love someone deeply and still feel exhausted, frightened, resentful or in need of space. Needing support does not make you disloyal. It makes you human.

This resource offers general lived-experience support. It does not replace medical, psychological, legal, financial or emergency advice. If you are worried about your own health, safety or ability to cope, contact an appropriate healthcare professional or urgent service.