



Resilience is the ability to adapt to difficult situations. Resilient caregivers find the strength to continue to help others, even in the face of adversity.

Caregiver resilience is developed across five domains represented by “R” words: Roles, Relationships, Realities, Rewards, and Readiness.

Use the questions below to explore your position across the five domains of caregiver resilience.

THE
STORY

Understanding **ROLES**

- How would you describe your caregiver role? How do you feel about it?
- What is your personal caregiving storyline?
- What other roles do you occupy in your life, and how have these been impacted by your caregiver role?

THE
PEOPLE

Honoring **RELATIONSHIPS**

- How would you describe your relationship—past and present—with your care receiver?
- How has caregiving affected your relationships with not only your care receiver but also others? How do you feel about these changes?
- What can you do to address your current relationship needs?

THE
HARD

Confronting **REALITIES**

- What is hard about being a caregiver?
- What are the physical, emotional, financial, and spiritual realities you must confront as you care?
- How can you respond effectively to your specific caregiving challenges?

THE
GOOD

Cultivating **REWARDS**

- What is rewarding about being a caregiver?
- How has caregiving improved your understanding of life, other people, yourself?
- How can you continue to cultivate the positive aspects of caregiving?

THE
PREPARATION

Practicing **READINESS**

- What are the skills you can improve to deliver care today?
- What capabilities will you need to offer care in the future?
- How will you develop the readiness that is required to help your care receiver, now and into the future?