









ADJUSTING TO LIFE AS A KINSHIP CAREGIVER

This worksheet can be used to help you reflect on how your life has changed (or is expected to change) by becoming a kin caregiver. Taking an honest inventory of the hopes you have for your family, as well as your worries or fears can help you plan, prepare and adjust to these changes. This activity can also help you recognize the supports that will be important to you as you make this journey.




For each area of your life below, think about what life was like before the children came to live with you, and now (after placement). How has your life changed – both positive changes and new challenges? Then, consider the future with the child and identify your hopes and worries.

Impact to:	How my life has changed:	Hopes for the future:	Worries about the future:
 Relationship/marriage			
 Relationship with child			
 Relationship with other family members			



Impact to:	How my life has changed:	Hopes for the future:	Worries about the future:
 <p>Social life</p>			
 <p>Schedule & daily routines, free time & hobbies</p>			
 <p>Work &/or Retirement</p>			
 <p>Travel</p>			
 <p>Finances</p>			



Impact to:	How my life has changed:	Hopes for the future:	Worries about the future:
 Involvement with other systems & agencies			
 Health & Exercise			
 Plans for the future			

List 3 action steps you will take based on the reflections in this worksheet:

1. _____

2. _____

3. _____

