

Problem-Solving Diary for Caregivers

**This is an example of one section from our workbook.*

As a caregiver of a stroke survivor, you will face challenges every day. You can learn to work through these challenges using the Problem-Solving Approach. This diary was created to help you identify and solve problems you will face as a caregiver by writing them out. The information provided is to be used along with the RESCUE website.

Instructions:

- Follow steps 1-7 to complete your plan.
- Read each step before filling out the information in each section of the diary.
- Remember to use the RESCUE website to help you create your plan. <http://www.rorc.research.va.gov/rescue/>



Identify and Prioritize Your Problems

Step 1: Think of all of the problems you are facing as a caregiver and write them down.

Step 2: Rank your problems in order of most burdensome (1) to least burdensome. This will help you determine your priority problem.

Problem	Priority
1.	
2.	
3.	
4.	
5.	
6.	
7.	

Solve Your Priority Problem

Step 3: Select your priority problem.

Step 4: Research your problem utilizing the RESCUE website.

My priority problem is: _____

Step 5: Set a realistic goal for yourself.

My Goal is to: _____

Step 6: List all possible solutions and select the **BEST** plan.

Possible Solutions	Best <input checked="" type="checkbox"/>
1.	<input type="checkbox"/>
2.	<input type="checkbox"/>
3.	<input type="checkbox"/>
4.	<input type="checkbox"/>
5.	<input type="checkbox"/>
6.	<input type="checkbox"/>
7.	<input type="checkbox"/>

Evaluate Your Plan of Action

Step 7: Evaluate your plan of action

Questions	Answers
1. Does my plan seem to be working?	
2. Is the problem getting better?	
3. Have I given my plan long enough to see improvement?	
4. Do I need to make changes to my plan?	

Notes: _____
