

## Self-Assessment Tool: Identifying Your Caregiving Skills

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Instructions: Reflect on your current caregiving skills. For each area, mark how confident you feel. After completing, you can see where you might like to learn more or seek support.

Caregiving Skill Area	I feel confident	I feel I need more knowledge/practice
Assisting with daily activities (e.g., bathing, dressing, feeding)	<input type="checkbox"/>	<input type="checkbox"/>
Moving or transferring safely (e.g., wheelchair, bed)	<input type="checkbox"/>	<input type="checkbox"/>
Managing medication (understanding, scheduling, storing)	<input type="checkbox"/>	<input type="checkbox"/>
Recognising health warning signs or emergencies	<input type="checkbox"/>	<input type="checkbox"/>
Communicating with healthcare professionals	<input type="checkbox"/>	<input type="checkbox"/>
Keeping organised records (appointments, medication, routines)	<input type="checkbox"/>	<input type="checkbox"/>
Handling emotional situations and stress	<input type="checkbox"/>	<input type="checkbox"/>
Understanding legal rights and support options for carers	<input type="checkbox"/>	<input type="checkbox"/>
Supporting the emotional well-being of the person I care for	<input type="checkbox"/>	<input type="checkbox"/>
Self-care and knowing when to ask for help	<input type="checkbox"/>	<input type="checkbox"/>

### Reflection Questions:

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- Where do I feel most confident?

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- Are there other areas which I want to improve or seek training / information?

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