

The Caregiver READI Framework



R Resilient
E Empowered
A Advocate
D Delegate
I Informed

READI is a simple caregiver framework designed to help you build resilience, feel empowered, advocate clearly, share responsibilities, and stay informed along the caregiving journey. This academic year, register for workshops that support caregivers at every stage, whether you are just beginning or have been caregiving for months or years.



Resilient

- **Adaptability:** Changing your approach when care needs or daily routines shift unexpectedly.
- **Acceptance:** Facing reality with honesty instead of denying or resisting the difficult parts of the illness or caregiving role.
- **Boundary setting:** Knowing your limits and protecting your own health alongside your loved one's needs.
- **Finding meaning:** Noticing small moments of grace, reward, or purpose, even during difficult days.

Why it matters

- **Lowers burnout:** Protects against emotional exhaustion, chronic stress, anxiety, and depression.

- **Improves quality of life:** Helps both the caregiver and the person receiving care feel more supported, steady, and at peace.
- **Builds confidence through change:** Reminds caregivers that resilience is not fixed; it can be practiced, strengthened, and rebuilt over time.
- **Supports long-term caregiving:** Makes it easier to keep going without losing sight of your own health, needs, and sense of self.



Empowered

- **Build practical skills:** Learn the care tasks, routines, and communication tools that help you feel more prepared.
- **Trust your voice:** Believe that your perspective matters because you understand the daily needs, patterns, and preferences of the person receiving care.
- **Make choices with confidence:** Set limits, ask questions, and take part in care decisions rather than feeling powerless or pushed aside.
- **Use support wisely:** Connect with people, programs, respite options, and community resources that strengthen your ability to care.

Why it matters

- **Reduces helplessness:** Feeling prepared and heard can lower stress and make caregiving feel more manageable.
- **Improves care decisions:** Confidence helps caregivers ask better questions, share essential information, and speak up when something is not working.
- **Protects personal well-being:** Empowered caregivers are more likely to set boundaries, use support, and make space for their own needs.
- **Strengthens the care partnership:** Empowerment helps caregivers work with family, professionals, and the person receiving care as part of a shared team.

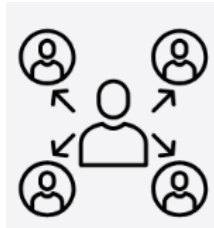


Advocate

- **Self-identify as a family caregiver:** Recognizing your role gives you language, confidence, and permission to speak up about caregiving needs and challenges.
- **Set limits when overwhelmed:** Advocacy includes knowing when to say no, ask for help, or explain that more support is needed.
- **Expect respectful communication:** Your observations and concerns matter when talking with healthcare providers, employers, family members, and support systems.
- **Keep learning:** The more you understand about the condition, care options, and available resources, the more prepared you are to advocate clearly.

Why it matters

- **Your voice matters:** Caregivers often see daily changes, needs, and patterns that others may miss.
- **Concern can lead to action:** Frustration can be a signal that a boundary, conversation, or change in support is needed.
- **Knowledge strengthens advocacy:** Understanding care needs, options, and resources helps you speak clearly and ask for what is needed.
- **Rights and responsibilities matter:** Knowing what caregivers can ask for helps protect both the caregiver and the person receiving care.



Delegate

- **Share routine tasks:** Ask others to help with meals, errands, transportation, housework, or appointment support.
- **Use the right help:** Let family, friends, volunteers, or trained professionals take on tasks that match their skills.
- **Protect your energy:** Delegating creates room for rest, self-care, and the caregiving responsibilities that need your attention most.
- **Build a care team:** Sharing responsibilities can make caregiving feel less isolated and more sustainable.

Why it matters

- **Protects the caregiver from burnout:** Shared responsibility lowers stress and creates space to recover.
- **Helps important needs get met:** A care team makes it less likely that meals, medications, appointments, or emotional needs are missed.
- **Keeps focus on what matters most:** Delegating tasks gives caregivers more time for decisions, connection, and support.
- **Strengthens the care network:** Asking others to help turns caregiving from an isolated role into a shared effort.



Informed

- **Understand the care needs:** Learn about the person's condition, daily routines, medications, appointments, and changing needs.
- **Stay organized:** Keep important health, legal, financial, and care information in one place so it is easy to find when needed.
- **Ask questions and seek guidance:** Talk with healthcare providers, family members, and trusted support systems to make informed decisions.

- **Know where to find support:** Learn about respite care, support groups, community programs, trusted professionals, and other resources before a crisis happens.

Why it matters

- **Better decisions become possible:** Understanding health needs, routines, and preferences helps caregivers respond thoughtfully instead of guessing.
- **Changes are easier to notice:** Knowing common warning signs can help caregivers respond earlier and seek help when needed.
- **Stress can be reduced:** Information can make caregiving feel less overwhelming because options and resources are clearer.
- **Care becomes more sustainable:** Learning about boundaries, respite care, and support networks helps protect caregiver well-being.