

Self-Assessment: Is Your Workplace Caregiver Friendly?

The first step in creating a caregiver-friendly workplace is to understand the ways that your business is providing support for caregivers and the ways you can improve. Use this self-assessment to understand what your business is doing well and areas where your business can grow. Make sure to revisit this assessment periodically as you continue to make your workplace more friendly to caregivers.

Caregiver-Friendly Workplace Assessment Worksheet

Please complete the self-assessment below by checking each box that applies to your business. Once you have completed the assessment, use the self-assessment to better understand your businesses' strengths and areas of opportunity as it relates to a caregiver-friendly workplace.

	Yes, it is part of our strategy	We are currently building this into our strategy	We are planning on doing this in the future
1. Does your business prioritize being a caregiver-friendly workplace?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Does your business have written guidance about caregiving that employees can read?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Does your business clearly communicate the employer tools available to employee-caregivers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Does your business organize employee support groups around caregiving?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Does your business conduct educational workshops and discussions around caregiving?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Does your business conduct a care survey to better understand how employees think about caregiving and their knowledge of the support available?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Does your business act as a resource point for employee-caregivers who need support on how to provide the best care?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Do leaders within your business understand the joys and challenges that caregiving entails?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Do leaders within your business share their own stories and struggles around caregiving?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Does your business offer an unpaid leave period for employee-caregivers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Does your business offer a paid leave period for employee-caregivers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Does your business offer part-time opportunities for employee-caregivers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Does your business support employee-caregivers through flexible work arrangements?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Does your business offer caregivers support services (Stipends, counseling services, etc.) through a benefits package?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Is your business willing to commit to supporting caregivers as best as you can?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Get Involved

AARP has a number of resources for employers and family caregivers at aarp.org/employercaregiving.

Stay connected with AARP Family Caregiving! Send an email to Caregiving@AARP.org.

Talk to other small business owners about the challenges and opportunities of caregiving.