

Caregiver Assessment

Caregivers are often so concerned with caring for their relative's needs that they lose sight of their own well-being. Please take just a moment to answer the following questions. Once you have answered the questions, do a self-evaluation.

During the past month or so, I have...

1. Felt that I couldn't leave my relative alone..... Yes No
2. Felt completely overwhelmed..... Yes No
3. Been edgy or irritable..... Yes No
4. Had back pain or felt ill (headaches, stomach problems or common cold).. Yes No
5. Found my relatives living situation to be inconvenient or a barrier to care.. Yes No

To interpret the score: Chances are that you are experiencing a high degree of distress if you answered "Yes" to question 4 or "Yes" score = 3 or more.

The following questions reflect how people sometimes feel when they are taking care of another person. After each question, circle how often you feel that way: never, rarely, sometimes, frequently, or nearly always. There are no right or wrong answers.

	Never	Rarely	Sometimes	Frequently	Nearly Always
6. Do you feel that your relative asks for more help than he or she needs?	0	1	2	3	4
7. Do you feel embarrassed over your relative's behavior?	0	1	2	3	4
8. Do you feel that your relative currently affects your relationship with other family members or friends in a negative way?	0	1	2	3	4
9. Do you feel that your social life has suffered because you are caring for your relative?	0	1	2	3	4
10. Overall, how burdened do you feel in caring for your relative?	0	1	2	3	4

Scoring key: 0 to 4 = little to no burden; 5 to 8 = mild to moderate burden; 9 to 12 = moderate to severe burden; 13 to 20 severe burden.

Total score: _____

Next Steps

- Consider seeing a doctor for a check-up for yourself
- Consider having some relief from caregiving (discuss with the doctor or a social worker the resource available in your community.)
- Consider joining a support group.