# Caregiver self-assessment questionnaire How are YOU?

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, turn the page to do a self-evaluation.

### During the past week or so, I have ...

- 1. Had trouble keeping my mind on what I was doing ...... Yes □ No

- 4. Felt completely overwhelmed ......  $\Box$  Yes  $\ \ \Box$  No
- 5. Felt useful and needed.....  $\Box$  Yes  $\ \Box$  No
- 6. Felt lonely.....  $\Box$  Yes  $\Box$  No
- 7. Been upset that my relative has changed so much from his/her former self ......□ Yes □ No
- 9. Been edgy or irritable......□ Yes □ No
- 10. Had sleep disturbed because of caring for my relative ......□ Yes □ No
- 11. Had a crying spell(s) .....  $\Box$  Yes  $\Box$  No
- 12. Felt strained between work and family responsibilities......□ Yes □ No

- 13. Had back pain ..... Yes □ No
  14. Felt ill (headaches, stomach problems or common cold)..... Yes □ No
- 15. Been satisfied with the support my family has given me......□ Yes □ No
- 16. Found my relative's living situation to be inconvenient or a barrier to care......□ Yes □ No
- 17. On a scale of 1 to 10, with 1 being "not stressful" to 10 being "extremely stressful," please rate your current level of stress.
- 18. On a scale of 1 to 10, with 1 being "very healthy" to 10 being "very ill," please rate your current health compared to what it was this time last year.

#### Comments:

(Please feel free to comment or provide feedback.)



# Self-evaluation

To determine the score:

- 1. Reverse score questions 5 and 15. (For example, a "No" response should be counted as "Yes" and a "Yes" response should be counted as "No.")
- 2. Total the number of "yes" responses.

# To interpret the score

Chances are that you are experiencing a high degree of distress:

- If you answered "Yes" to either or both questions 4 and 11; or
- If your total "Yes" score = 10 or more; or
- If your score on question 17 is 6 or higher; or
- If your score on question 18 is 6 or higher

#### 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 resources available in your community.)
- Consider joining a support group

#### Valuable resources for caregivers

Eldercare Locator (a national directory of community services) (800) 677-1116 **www.eldercare.gov** 

Family Caregiver Alliance (415) 434-3388 *www.caregiver.org* 

Medicare Hotline (800) 633-4227 *www.medicare.gov* 

National Alliance for Caregiving (301) 718-8444 *www.caregiving.org* 

National Family Caregivers Association (800) 896-3650 *www.nfcacares.org* 

National Information Center for Children and Youth with Disabilities (800) 695-0285 *www.nichcy.org* 

# Local resources and contacts: