



# 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...

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>1</b> Had trouble keeping my mind on what I was doing. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>2</b> Felt that I couldn't leave my relative alone. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>3</b> Had difficulty making decisions. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>4</b> Felt completely overwhelmed. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>5</b> Felt useful and needed. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>6</b> Felt lonely. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>7</b> Been upset that my relative has changed so much from his/her former self. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>8</b> Felt a loss of privacy and/or personal time. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>9</b> Been edgy or irritable. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>10</b> Had sleep disturbed because of caring for my relative. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>11</b> Had a crying spell(s). . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>12</b> Felt strained between work and family responsibilities. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No</p> | <p><b>13</b> Had back pain. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>14</b> Felt ill (headaches, stomach problems or common cold). . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>15</b> Been satisfied with the support my family has given me. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>16</b> Found my relative's living situation to be inconvenient or a barrier to care. . . . . <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p><b>17</b> On a scale of 1 to 10, with 1 being "not stressful" to 10 being "extremely stressful," please rate your current level of stress.<br/>_____</p> <p><b>18</b> 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. _____</p> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## 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.

CARING FOR YOUR PARENTS IS A KIRK DOCUMENTARY GROUP, LTD. PRODUCTION FOR WGBH BOSTON.



MAJOR FUNDING FOR CARING FOR YOUR PARENTS IS PROVIDED BY THE HARRAH'S FOUNDATION. ADDITIONAL FUNDING PROVIDED BY THE CORPORATION FOR PUBLIC BROADCASTING AND PUBLIC TELEVISION VIEWERS.



SPECIAL THANKS TO THE STAFF OF AARP PUBLICATIONS FOR THEIR GENEROUS ASSISTANCE WITH THIS PROGRAM.



