



Caregiver Self-Assessment Questionnaire

How are you?

Name: _____ Date: _____

Caregivers are often so concerned with caring for their relative's needs that they lose sight of their own wellbeing. 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
2. Felt that I couldn't leave my relative alone Yes No
3. Had difficulty making decisions Yes No
4. Felt completely overwhelmed Yes No
5. Felt useful and needed Yes No
6. Felt lonely Yes No
7. Been upset that my relative has changed so much from his/her former self Yes No
8. Felt a loss of privacy and/or personal time 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) Yes 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)*
1-800- 677-1116
www.aoa.gov/elderpage/locator.html

Family Caregiver Alliance
1-415- 434-3388
www.caregiver.org

Medicaid Hotline
Baltimore, MD
1-800-638-6833

National Alliance for
Caregiving
1-301-718-8444
www.caregiving.org

National Family
Caregivers Association
1-800 896-3650
www.nfcacares.org

National Information
Center for Children and
Youth with Disabilities
1-800-695-0285
www.nichcy.org

Local Resources and Contacts: