



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

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