## Caregiver Self-Assessment Questionnaire

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

9. Been edgy or irritable .....□Yes

13. Had back pain ......□Yes

11. Had a crying spell(s) ......□Yes □No

*problems or common cold)* .....□Yes □No

10. Had sleep disturbed because

12. Felt strained between work

14. Felt ill (headaches, stomach

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How are you?

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.

#### 1. Had trouble keeping my mind 15. Been satisfied with the support on what I was doing .....□Yes □No my family has given me ......□Yes □No 2. Felt that I couldn't leave my 16. Found my relative's living situation to be inconvenient or a barrier to care ..................................Yes \quad No 3. Had difficulty making $\Box$ No 17. On a scale of 1 to 10, with 1 being "not stressful" to 10 being 4. Felt completely overwhelmed......□Yes "extremely stressful," please rate your current level of stress. 5. Felt useful and needed ......□Yes □No 18.On a scale of 1 to 10, 6. Felt lonely ......□Yes □No with 1 being "very healthy" to 10 being "very ill," please rate your current health compared to 7. Been upset that my relative has what it was this time last year. changed so much from his/her Comments: (Please feel free to comment or provide feedback) 8. Felt a loss of privacy and/or

 $\Box$ No

 $\square$ No

#### **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.	

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