# 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 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 doingQYes	□No
2.	Felt that I couldn't leave my relative aloneQYes	□No
3.	Had difficulty making decisionsQYes	□No
4.	Felt completely overwhelmedDYes	□No
5.	Felt useful and neededDYes	□No
6.	Felt lonelyQYes	□No
7.	Been upset that my relative has changed so much from his/her former selfDYes	□No
8.	Felt a loss of privacy and/or personal timeQYes	□No
9.	Been edgy or irritableQYes	□No
10	.Had sleep disturbed because of caring for my relative□Yes	□No
11	.Had a crying spell(s)QYes	□No
12	.Felt strained between work and family responsibilities□Yes	□No
13	.Had back painIYes	□No
14	.Felt ill <i>(headaches, stomach problems or common cold)</i> ¤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 careQYes	□No
17	.On a scale of 1 to 10, with 1 being "not stressful" to 10 being "extremely stressful," please rate your cur level of stress.	rrent
18	On a scale of 1 to 10, with 1 being "very healthy" to 10 being ill," please rate your current health comp what it was this time last year.	
	omments: lease feel free to comment or provide feedbac	k)
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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.

## 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: