## **American Medical Association**

Physicians dedicated to the health of America



# 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...

Had trouble keeping my mind on what I was doing	□Yes	□No	15.Been satisfied with the support my family has given me □Yes □No			
2. Felt that I couldn't leave my relative alone	□Yes	□No	16. Found my relative's living situation to be inconvenient or a barrier to care			
3. Had difficulty making decisions	□Yes	□No				
4. Felt completely overwhelmed	□Yes	□No	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			
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	ill," please rate your current health compared to what it was this time last year			
8. Felt a loss of privacy and/or personal time	□Yes	□No	(Please feel free to comment or provide feedback)			
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				

#### **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

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