

# 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 ...

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| <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 (<i>headaches, stomach problems or common cold</i>)..... <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.<br/>_____</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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### Comments:

*(Please feel free to comment or provide feedback.)*

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