# Caregiver Self-Assessment Questionnaire

## How are you?

## **American Medical Association**

Physicians dedicated to the health of America



Distributed by: Caregivers

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 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	
5.	Felt useful and neededYes	□No	
6.	Felt lonely□Yes	□No	
7.	Been upset that my relative has changed so much from his/her former self	□No	
8.	Felt a loss of privacy and/or personal time□Yes	□No	
9.	Been edgy or irritable Yes	□No	
10	.Had sleep disturbed because of caring for my relative	□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)	□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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Local Resources and Contacts:

