

## The Caregiver Self Assessment Tool

Caregivers are often busy and focused on the care of a loved one that they tend to neglect their own well-being. This checklist will help you identify how well you are managing the stress in caring for your loved one. At the end of the tool, suggestions are listed to help you care for yourself while caring for others.

<b>How often have you....</b>	<b>Please Rate: 1 = Never 3 = Sometimes 5= Always</b>
Had trouble staying focused on what I was doing?	
Had difficulty making decisions?	
Felt that I can't leave my relative alone?	
Felt overwhelmed with managing multiple demands (Family, work, caregiving)?	
Felt resentful?	
Felt helpless?	
Felt useless?	
Felt lonely?	
Felt weary or tired?	
Felt numb or drained of any feeling?	
Felt anxious?	
Had a crying spell?	
Been physically exhausted?	
Been edgy or irritable?	
Felt ill (headaches, stomach problems, back pain, or common cold)?	
Lost or had poor sleep?	
Either overeaten or had a poor appetite?	
Been upset that my relative has changed so much from his/her former self.	
<b>Additional Questions</b>	
On a scale of 1 to 5, with 1 being "not stressful" to 5 being "extremely stressful," please rate your current level of stress.	
On a scale of 1 to 5, with 1 being "very healthy" to 5 being "very ill," please rate your current health compared to what it was last year.	

## Scoring The Caregiver Self Assessment Tool

Remember you are not alone. Generally speaking, there are millions of caregivers in the United States caring for a family member or loved one everyday. This score is meant to help you assess your stress and overall health as it relates your caregiver role. It is important to keep in mind that all caregivers suffer from stress.

If your score is under 20, you are likely managing the multiple demands of being a caregiver well. If your score is 21 to 60, you may want to think about some of the suggestions listed below. If your score is 60 or above, the stress of caregiving is starting to affect you. If your score is 80 or above, you are likely feeling burned out. Having a prolonged level of high stress can cause physical and emotional problems. There are many things you can do to help you better manage your stress and improve your well-being and health.

Here are a few of our suggestions.

- ✓ Take care of your health by seeing your physician for a check-up.
- ✓ Improve on your diet.
- ✓ Get enough sleep.
- ✓ Exercise.
- ✓ Ask your family, friends, neighbors, community agencies to help to allow you to take break, even for one day. Consider respite care.
- ✓ Join a support group or talk with friends, family, or a therapist about how you feel.
- ✓ Do something you enjoy – reading, yoga, listening to music, taking a walk.
- ✓ Prioritize what needs to get done, but set limits and learn to say “no” when asked to take on new tasks.
- ✓ Recognize when negative feelings such as anger and guilt arise. Confront your feelings by talking with someone you trust and then focus on resolving the issue.