

Caregiver Questionnaire

The following questionnaire can be used to help caregivers assess their responsibilities and attitudes toward caregiving. Caregivers who answer “yes” to one or more questions might consider seeking professional help or turning to other support systems.

Are you getting enough rest?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you neglecting your own health?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is constant surveillance required as part of your care tasks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you turned to or increased the intake of drugs or alcohol to deal with stress?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is the person you are caring for physically or verbally abusive toward you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Does the person you are caring for need legal assistance with his/her estate, trust, or living will, which may be beyond your knowledge?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Does the person you are caring for need to be transported often?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you overwhelmed because you are taking care of more than one person at a time?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are financial constraints interfering with your ability to follow medical advice?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are problems in your family’s history resurfacing and contributing to the problem?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Does your spouse resent the amount of time you spend as a caregiver?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you confused, fearful, or angry as a result of being a caregiver?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is your family communicating about the division of responsibilities?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Source: Lustbader, W., & Hooyman, N. R., (1994). *Taking care of aging family members: A practical guide*. New York: The Free Press. Reprinted with permission.