# Caregiver Distress Assessment

Caring for an older adult can be among the most fulfilling experiences for any caregiver. However, even as you lovingly provide support to a senior, you may have problems managing and balancing that support with your own busy life. Use this Caregiver Distress Assessment to identify the things that might make caregiving more challenging for you, and what you can do to address those challenges.

1: This does not apply to me or does not cause me distress  
2: This can be slightly stressful  
3: This sometimes causes me distress  
4: Yes this applies to me and causes me great distress

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<td>1. I have little control over my patient’s illness.</td>
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<td>2. My patient constantly asking the same questions over and over.</td>
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<td>3. I am upset that I cannot communicate or have challenges communicating with my patient.</td>
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<td>4. I am totally responsible for keeping our/my patient’s household in order.</td>
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<td>5. My patient is uncooperative</td>
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<td>6. Discussing financial issues or dealing with financial situations creates anxiety.</td>
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<td>7. I am fearful when my patient gets angry.</td>
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<td>8. I try so hard to help my patient, but he/she is ungrateful.</td>
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<td>9. My patient has physically or verbally assaulted others in addition to me.</td>
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<td>10. I feel so alone—as if I have the world on my shoulders.</td>
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<td>11. I have difficulty watching my patient decline physically and mentally.</td>
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<td>12. I wish I could do more as a caregiver/I feel like I’m not doing enough.</td>
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<td>13. I resent family members or others who refuse to help or are unable to help.</td>
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<td>14. What is your gender? Female (2 points), Male (1 point)</td>
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<td>15. Do you personally suffer from a chronic illness (such as coronary disease, hypertension, or cancer)? (Yes: 1 point, No: 0 points)</td>
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<td>16. Do you care for someone with Alzheimer’s disease or another kind of dementia? (Yes: 1 point, No: 0 points)</td>
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<td>17. Do you have family, friends, or neighbors you can ask for help in your caregiving duties? (Yes: 0 points, No: 1 point)</td>
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Caregiver Distress Assessment

Your Score: ________
0-14 Low distress
15-29 Moderately distressed
30-42 At risk for high distress
43-57 High distress

Caregivers with long-term stress are more at risk for:
- Anxiety
- Depression
- High blood pressure
- Heart Disease
- Obesity

How can you promote wellness for you and your client?

Physical
- Do light exercise
- Keep a sleep schedule

Emotional
- Manage your stress
- Ask for help

Intellectual
- Crossword puzzles
- Read or listen to books on tape

Social
- Visit with family or peers
- Share and listen to stories

Spiritual
- Watch religious services on TV
- Continue meaningful rituals

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