

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

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

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?

