

Caregiver Burden Assessment

Are you "burning out?" Answer these questions and receive helpful information.

Since you began caregiving, how has assisting or having contact with the person for whom you care affected the following aspects of your life?

Do you have:

- a lot less
- a little less
- the same
- a little more
- a lot more...

	a lot less	a little less	the same	a little more	a lot more
... time to yourself?					
... stress in your relationship with your relative?					
... personal privacy?					
... attempts by your relative to manipulate you?					
... time to spend in recreational activities?					
... unreasonable requests made of you by your relative?					
... tension in your life?					
... vacation activities and trips?					
... nervousness and depression concerning your relationship with your relative?					
... feelings that you are being taken advantage of by your relative?					
... time to do your own work and daily chores?					
... demands made by your relative that are over and above what s/he needs?					
... anxiety about things?					
... time for friends and other relatives?					
Score:	OB = (>23 - Services)		SB= (>13.5 - Counseling)		DB= (>15 - Info)

SCORING SHEET

CAREGIVER BURDEN ASSESSMENT

Line up transparency with assessment page, record line score in last column, add pink, blue and green categories separately and enter totals in corresponding Score Box.

Since you began caregiving, how has assisting or having contact with the person for whom you care affected the following aspects of your life?

Do you have:

- a lot less
- a little less
- the same
- a little more
- a lot more...

	a lot less	a little less	the same	a little more	a lot more	Score
... time to yourself?	5	4	3	2	1	
... stress in your relationship with your relative?	1	2	3	4	5	
... personal privacy?	5	4	3	2	1	
... attempts by your relative to manipulate you?	1	2	3	4	5	
... time to spend in recreational activities?	5	4	3	2	1	
... unreasonable requests made of you by your relative?	1	2	3	4	5	
... tension in your life?	1	2	3	4	5	
... vacation activities and trips?	5	4	3	2	1	
... nervousness and depression concerning your relationship with your relative?	1	2	3	4	5	
... feelings that you are being taken advantage of by your relative?	1	2	3	4	5	
... time to do your own work and daily chores?	5	4	3	2	1	
... demands made by your relative that are over and above what s/he needs?	1	2	3	4	5	
... anxiety about things?	1	2	3	4	5	
... time for friends and other relatives?	5	4	3	2	1	
Score Boxes:	OB:	SB:		DB:		

Caregiver: _____

Caregiver Burden Assessment Scoring Sheet

Objective Burden: Is defined as how a caregiver feels that providing help and assistance disrupts the caregiver's own life. The caregiver is likely to benefit from services that will lessen tasks or care responsibilities, such as in-home services or adult day programs.

Scores range from 6 to 30. Scores above 23 could be viewed as quite high.

Score: _____

Subjective Stress Burden: Is the emotional impact of caregiving responsibilities on the caregiver. A caregiver who is emotionally stressed may benefit from a support group or individual counseling.

Scores range from 4 to 20. Scores above 13.5 could be viewed as quite high.

Score: _____

Subjective Demand Burden: Is defined as the extent to which the caregiver feels care responsibilities are overly demanding. The caregiver who is most stressed because he or she believes the demands made by the care recipient are inappropriate or excessive, may best be helped by an opportunity to learn more about the disease process, a care recipient's true level of dependency and how much help should be provided. Written information about the disease, including how others cope, or talking with a professional - such as a counselor - can be good sources of help.

Scores can range from 4 to 20. Scores above 15 could be viewed as quite high.

Score: _____