

Caregiver stress assessment checklist

Answer the following questions by selecting “never,” “sometimes” or “often.”

| Questions | Never | Sometimes | Often |
|--|-------|-----------|-------|
| Do you have difficulty falling asleep? | | | |
| Do you wake up in the middle of the night? | | | |
| Do you have stressful dreams? | | | |
| Are you anxious or do you have panic attacks? | | | |
| Have you gained or lost weight recently without meaning to? | | | |
| Do you get sick more often than you used to (e.g. frequent colds or the flu)? | | | |
| Have you developed chronic health problems (e.g. backaches, headaches, high blood pressure)? | | | |
| Do minor upsets make you cry, become angry or get unusually agitated? | | | |
| Do you find it difficult to control your temper? | | | |
| Do you feel pressure to hold things together? | | | |
| Are you feeling hopeless about your situation? | | | |
| Have you given up hobbies or interests that you enjoy? | | | |
| Are you spending less time with others? | | | |
| Is caregiving affecting your career? | | | |

If you answered “sometimes” or “often” to many of these questions, you may need help balancing care for the person living with dementia and care for your own well-being. No matter how close you are to the person, you may want to consider including others in the caregiving role. Caregiving involves a range of responsibilities. Sharing these responsibilities will help you and the person living with dementia have a better quality of life. Staff at your local Alzheimer Society can help evaluate options for sharing care in various settings.