

## Caregiver Assessment

How do you feel?	Never	Sometimes	Always
Because of your time you spend with your relative that you don't have enough time for yourself?			
Stressed between caring for your relative and trying to meet other responsibilities.			
Irritated or angry with being a caregiver			
Completely overwhelmed at times			
Guilt for taking a break from your loved one.			
Your relationships with other family members are suffering because you spend so much time providing care.			
Your health has suffered because of your involvement with your relative?			
Your social life has suffered because you are caring for your relative?			
No one can take care of my loved one as well as you can.			
It's difficult to get away to do something I want to do.			

Caregiver Name:	Date:
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