



Caregiver Stress Assessment

Being a caregiver can be challenging and sometimes overwhelming. Caregivers often deny that they are stressed because to admit that seems like a weakness. However, caregiver stress is one of the biggest threats to a caregiver's well-being.

Take the self -assessment below to help evaluate your level of caregiver stress.

During the past month I have:

- | | | |
|---|--------|-------|
| 1. Had difficulty making decisions | __ yes | __ no |
| 2. Had trouble keeping my mind on what I was doing. | __ yes | __ no |
| 3. Felt completely overwhelmed | __ yes | __ no |
| 4. Felt isolated and lonely | __ yes | __ no |
| 5. Been more edgy and irritable than normal | __ yes | __ no |
| 6. Had a crying spell | __ yes | __ no |
| 7. Lost my temper with my loved one or a family member | __ yes | __ no |
| 8. Felt ill myself (headaches, stomach aches, catching colds) | __ yes | __ no |
| 9. Worried that I am not doing a good enough job/felt guilty | __ yes | __ no |
| 10. Had difficulty falling asleep or staying asleep | __ yes | __ no |

Totals: __ yes __ no

SCORING: Any yes response means you may need some help in that area. If you have 5 or more yes's, you are experiencing a high level of stress. Please watch the Caregiver Academy videos to learn important tips for caregivers and contact Alzheimer's Tennessee for further assistance.