

# Caregiver Stress Test

The following test will help you become aware of your feelings and the pressures and stress you currently feel. Responses are:

**1 = Seldom      2 = Sometimes      3 = Often      4 = Usually      5 = Always**

- |       |   |
|-------|---|
| _____ | I find I can't get enough rest.   |
| _____ | I don't have enough time for myself   |
| _____ | I don't have time to be with other family members<br>besides the person I care for.     |
| _____ | I feel guilty about my situation.   |
| _____ | I don't get out much anymore.   |
| _____ | I have conflict with the person I care for.   |
| _____ | I have conflicts with other family members.   |
| _____ | I cry everyday.   |
| _____ | I worry about having enough money to make ends<br>meet.                                 |
| _____ | I don't feel I have enough knowledge or experience to<br>give care as well as I'd like. |
| _____ | My own health is not good.  |

**If your response to two or more of these areas is "Usually" or "Often" it may be time to begin looking for help with your caring responsibilities. It is time to make time to take care of yourself as well.**