



# Caregiver Help.com

## *Module 1 : Session 1 : Printed Test “Caregiver Self-Assessment” PDF*

**1**

### ***Watch Intro Video***

Getting Started, Module 1, Session 1

**2**

### ***Download and Print this PDF***

Complete Caregiver Self-Assessment PDF

**3**

### ***Watch Intro Video Part 2***

**4**

### ***Watch Video***

“Meet Madelyn”

**5**

### ***Read Action Step***

**6**

### ***Finish Button***

# Caregiver Self-Assessment

Check the number of statements that apply to you.  
Do this quickly without thinking too much about your response.

- It's hard for me to find time to do things I like to do. I have given up a lot of activities I used to enjoy.
- I have trouble sleeping, and I frequently wake up feeling tired and dreading the day ahead.
- I feel like I've lost touch with a lot of my friends.
- I have dropped out of clubs, organizations, and social circles because I just can't find the time to stay involved.
- I have some alarming and/or annoying physical symptoms that I should probably discuss with my doctor.
- There are days when I feel very trapped.
- I know exercise is good for me, but I just don't have time to go to a gym or a regularly scheduled class.
- I frequently feel angry, frightened, and/or sad. I suspect I may be a little depressed.
- I hesitate to ask family or friends to help because I don't want to be a burden.
- I feel guilty because I get impatient or angry, and sometimes I've even wished his/her suffering would just end.
- Most days I don't have the time or energy to take care of myself.

**Total the number of statements you checked on this page:** \_\_\_\_\_

If you checked 4 or more statements, it is likely that you are suffering from caregiver burnout. As you go through the pages of this workbook, it will be important for you to remember that in order to take care of another person, you must first learn to take care of yourself.

