

Care Giver Stress Questionnaire

Take a moment to evaluate your stress level with this quick test. Being aware of your own stress level will help you cope with the situations you are facing.

Please check the appropriate box in correspondence with the question.	seldom true	sometimes true	often true	usually true
I find I can't get enough sleep.				
I don't have enough time for myself.				
I don't have time to be with other family members beside the person 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 often.				
I worry about having enough money to make ends meet.				
I don't feel I have enough knowledge or experience to give care as well as I'd like.				
My own health is not good.				
My care receiver needs constant supervision.				
I rarely get away from my caregiving situation.				
Count the number of check marks per column and place the totals here.				

If you score one or more marks in the “often true” column and at least one mark in the “usually true” column, please consider your options for assistance during this time. If you score two or more marks in the “often true” column or “usually true” column, please seek help immediately.

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