Alzheimer Society

Caregiver stress assessment checklist

Answer the following questions by selecting "never," "sometimes" or "often."

Questions	Never	Sometimes	Often
Do you have difficulty falling asleep?			
Do you wake up in the middle of the night?			
Do you have stressful dreams?			
Are you anxious or do you have panic attacks?			
Have you gained or lost weight recently without meaning to?			
Do you get sick more often than you used to (e.g. frequent colds or the flu)?			
Have you developed chronic health problems (e.g. backaches, headaches, high blood pressure)?			
Do minor upsets make you cry, become angry or get unusually agitated?			
Do you find it difficult to control your temper?			
Do you feel pressure to hold things together?			
Are you feeling hopeless about your situation?			
Have you given up hobbies or interests that you enjoy?			
Are you spending less time with others?			
Is caregiving affecting your career?			

If you answered "sometimes" or "often" to many of these questions, you may need help balancing care for the person living with dementia and care for your own well-being. No matter how close you are to the person, you may want to consider including others in the caregiving role. Caregiving involves a range of responsibilities. Sharing these responsibilities will help you and the person living with dementia have a better quality of life. Staff at your local Alzheimer Society can help evaluate options for sharing care in various settings.

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