

Caregiver Stress Self-Assessment

Are you a caregiver for someone with dementia? Take this stress check to see if you are putting your own health at risk.

Please check “Yes” or “No” for each statement below.

1. Do you feel like you have to do it all yourself and that you should be doing more?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
2. Are you feeling overwhelmed with caregiving responsibilities?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
3. Have you either gained or lost weight recently without intending to?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
4. Do you get sick more often than you used to?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
5. Are you having difficult controlling your temper?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
6. Have you withdrawn from family, friends and activities that you once enjoyed?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
7. Do you worry about the safety of the person you care for?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
8. Do you feel anxious about money and healthcare decisions?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
9. Do you deny the impact of the disease and its effects on your family?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
10. Are you feeling grief or sadness that your relationship with the person isn't what it used to be?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
11. Do you get frustrated and angry when the person with dementia continually repeats things and doesn't seem to listen?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
12. Have you developed chronic health problems that are taking a toll on you mentally and physically (e.g., headaches, high blood pressure, backaches)?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
13. Are you feeling hopeless about your current situation?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
14. Are you experiencing difficulty getting to or staying asleep at night?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
15. Do you experience problems with concentration, depression, or isolation?	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Providing care to a person with dementia can be overwhelming and exhausting. If you've answered “yes” to more than two questions, you may need to seek help to care for yourself. The Alzheimer Society is Canada's leading charity for people living with dementia and is active in communities across Canada. Contact your local Society to find help near you.