

Caregiver well-being self-assessment

As a caregiver, your well-being is important. Only when you are at your best can you provide your loved ones with the care that they deserve. Here's a simple self-assessment test to help you check if you are thriving or need a little more guide and support. Try it out!

Activities

For the listed activity below, indicate the extent you think each activity has been taken care of in a timely way for the past three months, using the following scales:

1. Rarely 2. Occasionally 3.Sometimes 4. Frequently 5. Usually

- | | | | | | |
|---|---|---|---|---|---|
| 1. Taking care of personal daily activities (e.g. meals, hygiene, laundry, etc) | 1 | 2 | 3 | 4 | 5 |
| 2. Taking time to have fun with friends and/or family | 1 | 2 | 3 | 4 | 5 |
| 3. Treating or rewarding yourself | 1 | 2 | 3 | 4 | 5 |

Needs

For each of the listed need we have, indicate the extent you think each need has been met, using the following scales:

1. Rarely 2. Occasionally 3.Sometimes 4. Frequently 5. Usually

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|---|---|---|---|---|---|
| 1. Receiving appropriate health care | 1 | 2 | 3 | 4 | 5 |
| 2. Feeling good about yourself | 1 | 2 | 3 | 4 | 5 |
| 3. Feeling secure about your financial future | 1 | 2 | 3 | 4 | 5 |

How did you fare?

Tally up the scores you have and see if your total exceeds 18 points – which means you're doing pretty well, but there's always room for improvement. This self-assessment is part of a full Caregiver Well-Being Scale which we advise our caregivers to use periodically to check for any improvement or decline in their general well-being. So you can keep this assessment and your total score and make periodic checks on your own!

If your total score is 18 points or lower, or if you want to improve your well-being and care giving experience, we have set up an [online resource](#) where you can get more information and tips on how you may do so. We hope you will find them useful.

Note: The above assessment is meant for use as a general indication of the overall well-being of a caregiver, and should not be used for diagnosis of any illness.

The above assessment (known as Rapid Caregiver Well-Being Scale) was developed by Susan Tebb, Marla Berg-Weger and Doris M. Rubio, Saint Louis University who have kindly permitted its use here.