

CAREGIVER ASSESSMENT

Family caregivers spend an average of **20 hours** per week caring for a loved one, adding this responsibility to a full schedule of family, career and other commitments. **40%-70%** of family caregivers experience clinically significant symptoms of depression; they are also far more likely than non-caregivers to suffer from weakened immune systems, increased stress and sleep deprivation.

Our caregiver burden assessment can help you evaluate the impact that caregiving has on your life	About the Same	More Frequently	All the Time
Do you find that you have less time for yourself or feel extremely tired throughout the day?			
Do you feel greater overall anxiety in your life?			
Do family and friends comment on your stress, anxiety or demeanor?			
Do you feel that your relationships with your family and friends are weakening?			
Do you find yourself pursuing fewer social and personal interests?			
Do you feel that your loved one makes unfair demands of your time and energy?			
Do you feel that the care your loved one requires is too overwhelming or that you need more support?			
Do you find yourself deprioritizing your work and community commitments?			
Do you feel resentment or anger due to the pressures that caregiving has placed on you?			