

Checklist: caregiver stress assessment

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

QUESTION	NEVER	SOMETIMES	OFTEN
Do you have trouble sleeping, such as difficulty falling asleep or waking up at night?			
Are you anxious?			
Have you experienced panic attacks?			
Have you gained or lost weight recently without trying to?			
Have you noticed any changes in your health, like getting sick more often or dealing with issues like headaches, back pain or high blood pressure?			
Do you find yourself reacting strongly to small problems, for example, by crying, getting angry or struggling to control your emotions?			
Do you feel hopeless about your situation?			
Are you finding it hard to balance your caregiving role with career, hobbies or social life?			

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If you answered “sometimes” or “often” to many of these questions, you may need help balancing caregiving and care for your own wellbeing.

See the information on the following pages for information and strategies on managing stress, burnout and wellbeing.