Caregiver Stress Inventory

Rate from 1-5 where 1= not true and 5= extremely true

\_\_\_ I don’t sleep well enough.

\_\_\_ I drink too much.

\_\_\_ I need drugs to get through this.

\_\_\_ I don’t exercise enough.

\_\_\_ I don’t have time or energy for friendships.

\_\_\_ Date? What’s a date? (Including w/spouse if you have one)

\_\_\_ I worry too much.

\_\_\_ I don’t have enough energy.

\_\_\_ I sleep too much.

\_\_\_ I don’t know anybody in a situation like mine.

\_\_\_ Nobody could understand what my life is like.

\_\_\_ I feel guilty about not giving enough attention to some family members.

\_\_\_ I don’t have time or energy for a hobby.

\_\_\_ I feel guilty if I do something for myself.

\_\_\_ Sometimes I wish I or anther family member were not here.

\_\_\_ Frequent headaches or stomachaches my doctor can’t help with.

\_\_\_ Sometimes I think I just don’t care anymore.

\_\_\_ Nobody can care properly for my child besides me.

\_\_\_ I have never had a vacation away from my special needs family member.

\_\_\_ I feel hopeless sometimes.

\_\_\_ None of the professionals know or understand what is going on.

\_\_\_ I don’t have any professional support/treatment.

\_\_\_ I have poor eating habits.

\_\_\_ I don’t stay in bed when ill.

\_\_\_ I don’t get medical checkups for myself when I should.

\_\_\_ I worry about where I will get enough money for the future.

\_\_\_ I am afraid of my child.

\_\_\_ I am afraid I will hurt my child.

\_\_\_ I used to have a strong faith but now I’m not so sure.

\_\_\_ Other family or friends disapprove of the way I care for my child.

\_\_\_ I always put others’ needs before my own.

See warning signs? Take action. Taking care of yourself puts you in a better place to care for those you love. Nobody knows what you need when better than you.

See also “How can a caregiver care for themselves” at <http://intensivecareforyou.com/resources-for-free/>