

Modified Caregiver Strain Index

Directions: Here is a list of things that other caregivers have found to be difficult. Please put a checkmark in the columns that apply to you. We have included some examples that are common caregiver experiences to help you think about each item. Your situation may be slightly different, but the item could still apply.

Yes, On a Regular Basis=2 Yes, Sometimes =1 No=0

My sleep is disturbed _____

(For example: the person I care for is in and out of bed or wanders around at night)

Caregiving is inconvenient _____

(For example: helping takes so much time or it's a long drive over to help)

Caregiving is a physical strain _____

(For example: lifting in or out of a chair; effort or concentration is required)

Caregiving is confining _____

(For example: helping restricts free time or I cannot go visiting)

There have been family adjustments _____

(For example: helping has disrupted my routine; there is no privacy)

There have been changes in personal plans _____

(For example: I had to turn down a job; I could not go on vacation)

There have been other demands on my time _____

(For example: other family members need me)

There have been emotional adjustments _____

(For example: severe arguments about caregiving)

Some behavior is upsetting _____

(For example: incontinence; the person cared for has trouble remembering things; or the person I care for accuses people of taking things)

It is upsetting to find the person I care for has changed so much from his/her former self

(For example: he/she is a different person than he/she used to be)

There have been work adjustments _____

(For example: I have to take time off for caregiving duties)

Caregiving is a financial strain _____

I feel completely overwhelmed _____

(For example: I worry about the person I care for; I have concerns about how I will manage)

[Sum responses for "Yes, on a regular basis" (2 pts each) and "yes, sometimes" (1 pt each)] Total Score = _____