

Caregiver Wellness Quiz

Caregiving can take its toll on your health and wellness. It's important that you stay in touch with your own feelings and reach out for help if you need it. Take this quiz to reflect on how you're feeling about the level of stress in your life.

	Never	Sometimes	Often	Almost Always
I find it difficult to balance work, family and caregiving responsibilities	0	1	2	3
I have conflicts with my friends, family members or care recipient	0	1	2	3
I worry that I'm not doing a good job as a caregiver	0	1	2	3
I feel guilty	0	1	2	3
I feel anxious	0	1	2	3
I feel sad and cry periodically	0	1	2	3
with sleep	0	1	2	3
I experience chronic neck or back pain	0	1	2	3
I have tension headaches	0	1	2	3

*This checklist has been reprinted with permission from *Caregivers Nova Scotia*.

Your Score

- 0-10 You are probably managing well. Remember that it's still important to think about ways of preventing stress from building up.
- 11-15 You may need to seek out some additional support. Try to identify the things that are causing you stress – you may not be able to change all of them, but there may be areas where you can ask for help or make changes to relieve some of your stress.
- 16-19 You may be experiencing caregiver distress and your responsibilities may already be taking a toll on your physical and emotional well-being. It is important that you talk to your doctor or healthcare professional, a family member, friend, or join a support group to help reduce your level of distress.
- 20+ You may be experiencing caregiver burnout. To protect your physical and mental health, it is important that you talk to your family doctor or healthcare professional today about your stress. You may also want to talk with family or friends or join a support group.

This quiz and its scoring are meant as a guide and should not be used in place of advice from your doctor or healthcare professional. Also, keep in mind that your score will change depending on when you take this quiz and where you are in your caregiving journey. If you took this quiz on three different days, you might have three very different scores. Please check back from time to time to see how you are doing.

Consider the tasks you manage, as well as your quiz score. Do you need a break, assistance with transportation, information related to finances, support in the home, help with house maintenance, someone to talk to, or are you a young caregiver who isn't sure where to turn? For information on how to find support in your community, visit ontariocaregiver.ca.