

The Caregiver Strain Index: I am going to read a list of things that other people have found to be difficult. Would you tell me if any of these apply to you? (Give examples)

	Yes = 1	No = 0
Sleep is disturbed (e.g., because _____ is in and out of bed or wanders around at night)		
It is inconvenient (e.g., because helping takes so much time or it's a long drive over to help)		
It is a physical strain (e.g., because of lifting in and out of a chair; effort or concentration is required)		
It is confining (e.g., helping restricts free time or cannot go visiting)		
There have been family adjustments (e.g., because helping has disrupted routine; there has been no privacy)		
There have been changes in personal plans (e.g., had to turn down a job; could not go on vacation)		
There have been other demands on my time (e.g., from other family members)		
There have been emotional adjustments (e.g., because of severe arguments)		
Some behavior is upsetting (e.g., because of incontinence; _____ has trouble remembering things; or _____ accuses people of taking things)		
It is upsetting to find _____ has changed so much from his/her former self (e.g., he/she is a different person than he/she used to be)		
There have been work adjustments (e.g., because of having to take time off)		
It is a financial strain		
Feeling completely overwhelmed (e.g., because of worry about _____; concerns about how you will manage)		

TOTAL SCORE (Count yes responses. Any positive answer may indicate a need for intervention in that area. A score of 7 or higher indicates a high level of stress.)