

Caregiver Assessment

CAREGIVER ADJUSTMENTS

I would like to discuss how you (caregiver) are adjusting to the changes in your life. (#7)

1. Are you able to respond to the client the way you would like to respond?

Comments: _____

2. If not, what would you wish you could do differently?

Comments: _____

3. What have been the hardest adjustments for you?

Comments: _____

4. What helps most when you feel very frustrated?

Comments: _____

5. Do you have someone you can trust and confide in? (#32)

Name _____

Relationship _____

Contact Time _____

Who Else _____

CAREGIVER REWARDS

We've talked about lots of the stress that goes with being a caregiver, but there are also rewards.

6. What are some of the rewards for you (caregiver)?

Explain: _____

7. What keeps you going? Explain: _____
