CAREGIVER QUIZ

ARE YOU IN DANGER OF BURNOUT?

INSTRUCTIONS:
Circle a number for each question. Add up the total. See the bottom for your score results

DO YOU FEEL EXHAUSTED, OVERWHELMED, AND HOPELESS?

1.NEVER 2. SOMETIMES 3. FREQUENTLY 4. ALWAYS

DO YOU FIND YOURSELF SHORT-TEMPERED AND SNAPPING AT LOVED ONES?

1.NEVER 2. SOMETIMES 3. FREQUENTLY 4. ALWAYS

ARE YOU FORGOING YOUR OWN MEDICAL APPOINTMENTS BECAUSE YOU DON'T HAVE TIME?

1.NEVER 2. SOMETIMES 3. FREQUENTLY 4. ALWAYS

HAVE YOU STOPPED MEETING OR TALKING WITH FRIENDS BECAUSE OF TIME OR FINANCES?

1.NEVER 2. SOMETIMES 3. FREQUENTLY 4. ALWAYS

ARE YOU USING PRESCRIPTION AND NON- PRESCRIPTION DRUGS/ALCOHOL TO COPE OR HELP YOU SLEEP?

1.NEVER 2. SOMETIMES 3. FREQUENTLY 4. ALWAYS

SCORE RESULTS

15-20: SUGGESTS YOU'RE BURNED OUT OR NEAR IT. IT'S TIME TO SEEK PROFESSIONAL HELP.

10-15: SUGGESTS YOU'RE APPROACHING BURNOUT, BUT CAN AVOID IT WITH SOME HEALTHY LIFESTYLE CHANGES.

5-10: SUGGESTS YOU'RE A BALANCED HEALTHY CAREGIVER; BUT IF YOUR SCORE IS CLOSER TO 10, YOU COULD BENEFIT FROM ADDING MORE SELF-CARE.