

## How are you doing?

Circle the response that corresponds to your emotional state.

This questionnaire is to evaluate the load of your caregiving tasks. There is no right or wrong answer.

<b>How often do you :</b>	Never	Rarely	Sometimes	Often	Most of the time
Feel that the person you care for demands more help than he/she needs?	0	1	2	3	4
Feel that due to the time given to the person you care for, you no longer have enough time for yourself?	0	1	2	3	4
Feel torn between the care you provide for the person and your other family or work responsibilities?	0	1	2	3	4
Feel embarassed by the behaviour of the person you care for?	0	1	2	3	4
Feel angry when in the presence of the person you care for?	0	1	2	3	4
Feel that the person you care for harms your relationships with other family members or friends.	0	1	2	3	4
Feel scared of what the future holds for the person you care for?	0	1	2	3	4
Feel that the person you care for is dependant on you?	0	1	2	3	4
Feel strained when you are with the person you care for?	0	1	2	3	4
Feel that your health has deteriorated as a result of caregiving?	0	1	2	3	4
Feel that you do not have as much intimacy as you would like, because of the person you care for?	0	1	2	3	4
Feel that your social life has deteriorated because you are caregiving?	0	1	2	3	4
Feel uncomfortable about having friends over because of the person you care for?	0	1	2	3	4

Feel that the person you care for expects you to take care of him/her as if you are the only person he/she can count on?					
Feel that you do not have enough money to take care of the person considering your other expenses?	0	1	2	3	4
Feel that you cannot continue to take care of the person for much longer?	0	1	2	3	4
Feel that you have lost control of your life since you started caring for the person?	0	1	2	3	4
Wish that you could leave the care of the person to someone else?	0	1	2	3	4
Feel that you don't really know what to do for the person you care for?	0	1	2	3	4
Feel that you should be doing more for the person you care for?	0	1	2	3	4
Feel that you could be giving better care to the person?	0	1	2	3	4
Feel that caregiving is a burden, a heavy load?	0	1	2	3	4
Total :					

**Interpretation of results :**

00 to 20 = little or no burden

21 to 40 = light to moderate burden

41 to 60 = moderate to severe burden

61 to 91 = severe burden

This questionnaire should not be used as the sole indicator of your emotional state. It is recommended that you consult a professional if you feel you might be at risk.

- The test « How are you doing? » is translated from pages 6-7 of « Être aidant pas si évident - Guide de prévention de l'épuisement pour les aidants naturels. » . [http://www.csss-iugs.ca/c3s/data/files/Guide\\_2013\\_Etre\\_aidant\\_pas\\_si\\_evident\\_jan2014.pdf](http://www.csss-iugs.ca/c3s/data/files/Guide_2013_Etre_aidant_pas_si_evident_jan2014.pdf)