

Caregiver Impact Analysis Questionnaire

Caregivers must be especially careful to balance the needs of senior loved ones with other responsibilities. There is no perfection in this process. However, answer the following questions to discover important areas of focus you may be neglecting.

Please feel free to complete our 13 question survey to get an idea of how much balance you have in your life.

1. I have time with my spouse

Always	Sometimes	Rarely	Never	N/A
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2. I have time with other family members

Always	Sometimes	Rarely	Never	N/A
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3. I'm able to attend social gatherings

Always	Sometimes	Rarely	Never	N/A
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4. I'm in touch with friends

Always	Sometimes	Rarely	Never	N/A
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5. I have a regular exercise routine

Always	Sometimes	Rarely	Never	N/A
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6. I have routine medical exams

Always	Sometimes	Rarely	Never	N/A
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7. I have routine dental exams

Always	Sometimes	Rarely	Never	N/A
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8. I'm able to attend church or spiritual pursuits

Always	Sometimes	Rarely	Never	N/A
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9. I'm able to attend classes or other intellectual pursuits

Always	Sometimes	Rarely	Never	N/A
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10. I have time for me

Always	Sometimes	Rarely	Never	N/A
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11. I'm able to take vacations

Always Sometimes Rarely Never N/A

12. My personal finances are impacted by caregiving

Always Sometimes Rarely Never N/A

13. My work is impacted by caregiving

Always Sometimes Rarely Never N/A

Points

Point Ranges: 0-26 Life balance is optimal even with your caregiver role

27-40 Life balance appears to be affected by your caregiver role

41-52 Life balance appears to be affected by your caregiver role and is not optimal and there may be resources to help you. Please use the "Contact Us" button to request resources.