

# Caregiver Self-Assessment

- Visit [www.va.gov/Geriatrics](http://www.va.gov/Geriatrics) to learn more about short- and long-term services and supports in VA and the community.
- Talk with your Veteran about this Self-Assessment.
- Use this Self-Assessment in discussions with your Veterans social worker and care team about the home and community services and supports that are best for you and your Veteran.
- Your Veterans eligibility is based on clinical need and service or setting availability.

**VA**



**U.S. Department of Veterans Affairs**

Veterans Health Administration  
Geriatrics and Extended Care

# Step 1. Review Role

*Check the best answer*

<b>How long have you been a caregiver for the Veteran?</b>	<input type="checkbox"/> Less than 1 month <input type="checkbox"/> Between 1 month and 1 year <input type="checkbox"/> Between 1 year and 3 years <input type="checkbox"/> More than 3 years
<b>Does the Veteran currently live with you?</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not now, but this may change <input type="checkbox"/> Sometimes (please explain) <hr/>
<b>How often do you provide caregiver support?</b>	<input type="checkbox"/> 24 hours/day, 7 days a week <input type="checkbox"/> About 40 hours a week <input type="checkbox"/> Between 10 to 40 hours a week <input type="checkbox"/> Less than 10 hours a week
<b>How much support do you feel for your caregiver role?</b>	<input type="checkbox"/> Very supported <input type="checkbox"/> Somewhat supported <input type="checkbox"/> Rarely supported <input type="checkbox"/> Not supported at all

## Step 2. Review Responsibilities

<b>Physical care for Veteran</b>	<i>Check “Yes” if you give this care. If you need help providing care, check the second box, too.</i>	<b>Yes</b>	<b>I need help</b>
	Activities of daily living (eating, bathing, walking)	<input type="checkbox"/>	<input type="checkbox"/>
	Hands-on care (physical therapy, wound care)	<input type="checkbox"/>	<input type="checkbox"/>
	Household work and chores (meals, laundry, shopping)	<input type="checkbox"/>	<input type="checkbox"/>
	Transportation (to appointments or services)	<input type="checkbox"/>	<input type="checkbox"/>
	Other tasks (describe): _____	<input type="checkbox"/>	<input type="checkbox"/>
<b>Other assistance for Veteran</b>	<i>Check “Yes” if you give this help. If you need help providing assistance, check the second box, too.</i>	<b>Yes</b>	<b>I need help</b>
	Money management (reviewing bills, tracking finances)	<input type="checkbox"/>	<input type="checkbox"/>
	Coordinating appointments (physicians, social workers)	<input type="checkbox"/>	<input type="checkbox"/>
	Social support (planning activities with others)	<input type="checkbox"/>	<input type="checkbox"/>
	Emotional support (listening, talking)	<input type="checkbox"/>	<input type="checkbox"/>
	Financial support for Veteran (paying Veteran’s expenses)	<input type="checkbox"/>	<input type="checkbox"/>
	Other tasks (describe): _____	<input type="checkbox"/>	<input type="checkbox"/>
<b>Your life</b>	<i>Check “Yes” if your life includes this role. If caregiving makes this role difficult, check the second box, too.</i>	<b>Yes</b>	<b>Makes difficult</b>
	Paid work	<input type="checkbox"/>	<input type="checkbox"/>
	Education/schooling	<input type="checkbox"/>	<input type="checkbox"/>
	Other caring roles, such as parenting	<input type="checkbox"/>	<input type="checkbox"/>
	Cooking/maintaining household/managing finances	<input type="checkbox"/>	<input type="checkbox"/>
	Social and leisure activities	<input type="checkbox"/>	<input type="checkbox"/>
	Other tasks (describe): _____	<input type="checkbox"/>	<input type="checkbox"/>

## Step 3. Evaluate Stress

Caregivers are often so busy caring for a loved one that they can neglect their own well-being. Evaluate your caregiver stress below.

Evaluate stress and	<i>Check “I am doing well” OR “I am struggling with this.”</i>	I am doing	I am struggling with this
	Handling my commitments and responsibilities	<input type="checkbox"/>	<input type="checkbox"/>
	Sleeping and taking time to rest	<input type="checkbox"/>	<input type="checkbox"/>
	Spending time with family and friends	<input type="checkbox"/>	<input type="checkbox"/>
	Taking a break when I need to	<input type="checkbox"/>	<input type="checkbox"/>
	Having a positive attitude	<input type="checkbox"/>	<input type="checkbox"/>
	Handling stressful events when they occur	<input type="checkbox"/>	<input type="checkbox"/>
	Handling my anger	<input type="checkbox"/>	<input type="checkbox"/>
	Staying healthy, both mentally and physically	<input type="checkbox"/>	<input type="checkbox"/>
	Feeling like I’m doing a good job as a caregiver	<input type="checkbox"/>	<input type="checkbox"/>

## Step 4. Take Action

*Check the box if you plan to:*

### Take Action

- Learn more about long term care services and caregiver websites via [www.va.gov/Geriatrics](http://www.va.gov/Geriatrics)
- Visit the VA Caregiver Support website at [www.va.gov/Geriatrics](http://www.va.gov/Geriatrics)
- Talk with a VA social worker about long term care services for Veterans and/or visit [www.socialwork.va.gov/socialworkers.asp](http://www.socialwork.va.gov/socialworkers.asp)
- Talk with a VA caregiver support coordinator to learn more about VA support for caregivers
- Talk with a mental health provider about drug, alcohol or mental health services for the Veteran
- Talk with family and friends about getting more support for the Veteran and myself
- Other: \_\_\_\_\_  
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