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Caregiver Stress Quiz

Complete the following quiz to determine if your elderly loved one may be unsafe at home and/or if you as a caregiver may be experiencing caregiver stress or burnout.

Please check all that apply.

Does your loved one have:

- Increased safety issues at home and/or multiple falls
- Multiple emergency room visits and/or unplanned hospital admissions
- Changes in short-term memory, personality and/or behavior
- Problems managing their finances, having overdue or unpaid bills
- Difficulty managing daily living activities, such as personal care, bladder and bowel control, medication management

Do you, as a caregiver, ever experience:

- Stress, anger or resentment because of your caregiver demands
- Neglect of your own health and other needs
- Disagreements between family and the elder re: type/amount of care the elder needs
- Increased absenteeism or loss of productivity at work because of care giving responsibilities

If you have checked one or more of the boxes above, your elder may be unsafe at home, and/or you may be experiencing high levels of caregiver stress and could benefit from the expert advice and counsel of a Geriatric Care Manager.

For a FREE initial consultation with our Geriatric Care Manager call us at 203-891-8270.

CareSource is the private duty home care affiliate of the VNA of South Central CT.