

# Caregiver Stress Quiz

How well are you holding up to the added stress of caregiving? This short quiz can help you determine your stress level.

	Never	Sometimes	Usually	Almost Always
I cannot get enough sleep.	0	1	2	3
I have conflicts with my family members.	0	1	2	3
I feel anxious.	0	1	2	3
I feel like I have no time for myself.	0	1	2	3
I worry that I am not doing a good job as a caregiver.	0	1	2	3
I feel depressed, trapped or resentful.	0	1	2	3

**Scores:**

0 – 7

You are managing pretty well

8 – 12

You should find additional support

13+

You seem to have serious burnout.  
Take steps now to find support.

*While this is not a scientific test, it can help you identify how you are managing caregiving stress. Keep in mind that everyone is different. You may have scored a “5” and still feel very stressed. The important thing is to remember that resources are available to help you. It is well worth your time to find them.*