

CAREGIVER ASSESSMENT

Family caregivers spend an average of **20 hours** per week caring for a loved one, adding this responsibility to a full schedule of family, career and other commitments. **40%-70%** of family caregivers experience clinically significant symptoms of depression; they are also far more likely than non-caregivers to suffer from weakened immune systems, increased stress and sleep deprivation.

| Our caregiver burden assessment can help you evaluate the impact that caregiving has on your life | About the Same | More Frequently | All the Time |
|--|----------------|-----------------|--------------|
| Do you find that you have less time for yourself or feel extremely tired throughout the day? | | | |
| Do you feel greater overall anxiety in your life? | | | |
| Do family and friends comment on your stress, anxiety or demeanor? | | | |
| Do you feel that your relationships with your family and friends are weakening? | | | |
| Do you find yourself pursuing fewer social and personal interests? | | | |
| Do you feel that your loved one makes unfair demands of your time and energy? | | | |
| Do you feel that the care your loved one requires is too overwhelming or that you need more support? | | | |
| Do you find yourself deprioritizing your work and community commitments? | | | |
| Do you feel resentment or anger due to the pressures that caregiving has placed on you? | | | |

If you answered two or more of these questions with 'All the Time' or if you checked five or more with either 'More Frequently' or 'All the Time', it may be time to speak with a Home Care Assistance care manager.



Respite care can help you better manage the evolving needs of your loved one while achieving greater balance and wellness in your own life. For more information, contact Home Care Assistance at www.dallashomecareassistance.com or 214-363-3400.

Our mission at Home Care Assistance is to change the way the world ages. We provide older adults with quality care that enables them live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in Live-In care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults.