

FAMILY CAREGIVER BURDEN ASSESSMENT

We are asking you for information about your present situation as a family caregiver.

	Strongly Agree	Agree	Disagree	Strongly Disagree	
My life satisfaction has suffered because of the care.					
I often feel physically exhausted.					
From time to time, I wish I could “run away” from the situation I am in.					
Sometimes I don’t really feel like “myself” as I did before.					
Since I have been a caregiver, my financial situation has decreased.					
My health is affected by the care situation.					
The care takes a lot of my own strength.					
I feel torn between the demands of my environment (such as family) and the demands of the care.					
I am worried about my future because of the care I give.					
My relationships with other family members, relatives, friends, and acquaintances are suffering as a result of the care.					
	Number of marks x3	Number of marks x2	Number of marks x1	Number of marks x0	Total Points

Scoring:

0-4 points **Your burden of care is none to mild**

It means:

You do not have an increased risk of physical problems above the usual level of complaints.

Recommendation:

Continue to get support for your role as caregiver.

5-14 points **Your burden of care is moderate**

It means:

You have an increased risk of physical problems above the usual level of complaints.

Recommendation:

Look for ways to relieve yourself and get more rest. Consider having your physical health evaluated.

15-30 points **Your burden of care is severe to very severe**

It means:

You have a greatly increased risk of physical problems above the usual level of complaints.

Recommendation:

Take steps to reduce your stress. It might help to find others who can support the care receiver as well. A health check is strongly recommended.

From Burden Scale for Family Caregivers-short version (BSFC-s) (www.caregiver-burden.eu) developed by Prof. Dr. med. Elmar Gräßel, Universitätsklinikum Erlangen (Germany)