

CAREGIVER ASSESSMENT

Bakas Caregiver Outcome Scale							
As a result of Providing Care for the Patient:	Changed for the worst			No change	Changed for the best		
1. My self esteem	-3	-2	-1	0	1	2	3
2. My physical health	-3	-2	-1	0	1	2	3
3. My time for family activities	-3	-2	-1	0	1	2	3
4. My ability to cope with stress	-3	-2	-1	0	1	2	3
5. My relationship with friends	-3	-2	-1	0	1	2	3
6. My future outlook	-3	-2	-1	0	1	2	3
7. My ability to pay the bills	-3	-2	-1	0	1	2	3
8. My emotional well-being	-3	-2	-1	0	1	2	3
9. My time for social activities with friends	-3	-2	-1	0	1	2	3
10. My relationship with my family	-3	-2	-1	0	1	2	3
11. My ability to buy necessities	-3	-2	-1	0	1	2	3
12. My relationship with the patient	-3	-2	-1	0	1	2	3
13. In general, how has your life changed as a result of taking care of the patient?	-3	-2	-1	0	1	2	3

UCLA Three-Item Scale			
	Hardly Ever	Some of the Time	Often
How often do you feel that you lack companionship?			
How often do you feel left out?			
How often do you feel isolated from others?			

How many dependent adults do you care for, including the care receiver mentioned above? # _____
 Do any of these individuals have a diagnosed disability or special need? # _____

How many dependent children do you care for (including the care receiver), under the age 18? # _____
 Do any of your other children have a diagnosed disability or special need? # _____

How many hours in a week...
 do you get a break from caregiving? _____ hours a week
 would provide you with adequate time to yourself while being a caregiver? _____ hours a week