



Home Health & Private Duty

Dementia Specialty Program

CONNECTIONS

The staff of Nightingale Homecare is qualified to provide dementia care using the unique approach taught by Dr. Verna Benner-Carson through her "Alzheimer's Whisperer®" program. Alzheimer's Whisperers enter the client's world and manage the challenging behaviors associated with dementia in a way that is gentle, creative and highly effective. These skills can then be taught to families, thus enabling the person with dementia to continue to be cared for safely at home.



CAREGIVER BURDEN SCALE

Caregivers often suffer burn-out because of the changes they must face in their everyday lives and routines. Caring for another, although rewarding, can be very difficult and demanding on a person's physical and emotional well-being. The following statements reflect how people sometimes feel when they are taking care of another person. After each question, indicate how often you feel that way.

Patient Name: _____

DOB: _____ Date: _____ Score: _____

THERE ARE NO RIGHT ANSWERS.

TOTAL YOUR SCORE TO ASSESS YOUR LEVEL OF BURDEN.

1. Do you feel that your relative asks for more help than he or she needs?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
2. Do you feel that because of the time you spend with your relative, you do not have enough time for yourself?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
3. Do you feel stressed between caring for your relative and trying to meet other responsibilities you do not have enough time for yourself?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
4. Do you feel embarrassed over your relative's behavior?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
5. Do you feel angry when you are around your relative?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
6. Do you feel that your relative currently affects your relationship with other family members or friends in a negative way?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
7. Are you afraid about what the future holds for your relative?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
8. Do you feel your relative is dependent on you?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
9. Do you feel strained when you are around your relative?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
10. Do you think your health has suffered because of your involvement with your relative?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4

-PLEASE SEE REVERSE FOR REMAINDER OF QUESTIONS

CAREGIVER BURDEN SCALE (continued)

11. Do you feel that you do not have as much privacy as you would like, because of your relative?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
12. Do you think your social life has suffered because you are caring for your relative?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
13. Do you feel uncomfortable having friends over because of your relative?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
14. Do you feel that your relative expects you to take care of them as if you were the only one they can depend on?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
15. Do you feel that you do not have enough money to care for your relative, in addition to the rest of your expenses?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
16. Do you feel that you will be unable to take care of your relative much longer?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
17. Do you feel you have lost control of your life since your relative's illness?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
18. Do you wish you could just leave the care of your relative to someone else?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
19. Do you feel uncertain about what to do about your relative?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
20. Do you feel you could do a better job in caring for your relative?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4
21. Overall. How burdened do you feel in caring for your relative?
Never 0; Rarely 1; Sometimes 2; Frequently 3; Nearly Always 4

Total Score: _____

1-20 = Little or no burden 21-40 Mild burden 41-60 = Moderate to severe burden 61 to 88 = Severe burden.

Scores of 41 or above indicate that a person may be experiencing Caregiver burnout and a high degree of stress. If you score in this range you need to discuss your feelings and needs with a physician and/or seek Caregiver support.

REFERENCES: C&V Senior Care Specialties; Benner-Carson, V., APRN/PMH

Experience Success in Living with Dementia...

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