

# Family Self-Assessment Test

	Questions	Yes	No
1	Am I physically able to provide the needed assistance? <i>(Could I continue doing this work for weeks? Months? Years? Do I have physical limitations that might interfere in my ability to do the work involved?)</i>		
2	Do my skills fit the profile of the tasks that need to be done?		
3	Am I prepared to perform intimate caregiving chores like bathing and helping with toileting?		
4	Think about the kinds of help your relative needs. Do I have the temperament to be a caregiver for a sustained period? <i>(Will I become easily upset and angry? Am I able to stay calm and treat family members with patience and kindness even when I feel tired and overworked with the responsibilities of being a caregiver?)</i>		
5	Can I free my schedule to be available when needed? <i>(Can I free my schedule to be available at a moment's notice or for extended periods of time? Is my schedule flexible enough to provide help whenever it is needed?)</i>		
6	Can I afford to reduce or stop working? <i>(Do I need to continue to work for pay to meet the current or future or financial needs for myself or my family?)</i>		
7	Am I willing to reduce or neglect other obligations in order to give the care needed? <i>(Do I have any roles or responsibilities that cannot be neglected?)</i>		
8	Am I free of other people who already depend on my help? <i>(e.g., children, spouse, relatives?)</i>		
9	Will giving care unduly stress other family relationships? <i>(e.g., with my spouse or other family members?)</i>		
	<b>Caregiver Readiness Total (number of "Yes" answers in items 1-9)</b>		
10	Can I protect myself from getting so involved that I never take a break or get help? <i>(Am I willing to ask for help if I need it? Is there help readily available for respite care? Do I have a list of contacts to ask for help when I need a break?)</i>		
11	Would I be willing to purchase care to supplement the care I can give? <i>(Do I have the financial resources to purchase supplemental care? Would I be willing to pay someone to help me provide the care that is needed?)</i>		
12	Do the people around me support me in my decision? <i>(Are they willing to share in some of the responsibilities? Do the important people in my life know about the responsibilities I am Taking on as a caregiver? Do they agree with my taking on that role?)</i>		
	<b>Caregiver Protection Total (number of "yes" answers in items 10-12)</b>		
13	Will giving care change my relationship with the older person?		
14	If I am unable to provide direct care, do I have the adequate financial resources to provide for the type of care that is needed?		

## Interpreting Your Responses to the Self-Assessment

There are no right or wrong answers. It is a self-diagnostic tool, designed to spur insights and begin conversations. Look at the patterns of your responses and decide if you are prepared to undertake the caregiver role.



The first nine items address issues that should be answered affirmatively if you are ready to take on caregiving. If you cannot say "yes" to at least six, you should think carefully about taking on the caregiver role. In some cases even one question can be a deal breaker.

Items 10 to 12 address ways of getting support to maintain caregiving. You should have some of those if you are going to succeed.

The last two items are things to think about; they may not directly affect your decision, but they will influence your caregiving experience.

You may not be ready to give a definite yes or no answer to some of the questions. In those cases, they should serve as prompts for areas where you need to learn more, or discuss these topics with family and others.

If you have any questions or would like to speak with a professional geriatric care manager, feel free to call us at **800-209-4342**

