

## Caregiver Strain Index

Here is a list of things that people have found to be difficult. Please check (✓) those that apply to you.

Sleep is disturbed (e.g., because the person I give care to is in and out of bed or wanders around at night).

Caregiving is inconvenient (e.g., because helping takes so much time or it's a long drive over to help).

Caregiving is a physical strain (e.g., because of lifting the person in and out of a chair or bed; because effort or concentration is required).

Caregiving is confining (e.g., because helping restricts my free time or because I cannot go visiting).

There have been family adjustments (e.g., because helping has disrupted routine or there has been no privacy).

There have been changes in personal plans (e.g., had to turn down a job or could not go on vacation).

There have been other demands on my time (e.g., from other family members).

There have been emotional adjustments (e.g., because of arguments or conflict over responsibilities).

Some behaviour is upsetting (e.g., because of incontinence or because she/he has trouble remembering things or because he/she accuses people of taking things)

It is upsetting to find the person I give care to has changed so much from his/her former self (e.g., she/he is a different person that she/he used to be).

There have been work adjustments (e.g., because of having to take time off).

Caregiving is a financial strain.

I am feeling completely overwhelmed (e.g., because of worry about him/her or concerns about how to manage).

This index was developed at the Hartford Institute for Geriatric Nursing, Division of Nursing at New York University. The authors note that checking off seven (7) or more items on the CSI indicates a need for more in-depth assessment to address stress associated with the caregiving situation. In addition to answers on the CSI, there are a number of signs of stress to look for in your day-to-day life.