

The Art and Practice of Planning

SERIES

Temperature Check:

Care Partner Burnout Assessment

Burnout is a real problem and can creep up on you. If you are feeling overwhelmed, anxious, grumpy, tired or isolated, you might be experiencing burnout. Take this quiz and see where you stand. Choose the number that most fits where you fall between the two extremes on the temperature scale.

	TRUE <most of the time				not at all>
1 I feel emotionally drained because of my caregiving duties.	1	2	3	4	5
2 I have developed a negative attitude.	1	2	3	4	5
3 I feel stressed out more often than not.	1	2	3	4	5
4 I have more medical problems as a result of being a caregiver.	1	2	3	4	5
5 I feel more depressed and/or anxious than before I became a caregiver.	1	2	3	4	5
6 I am not successful as a care partner/caregiver.	1	2	3	4	5
7 I have trouble sleeping at night.	1	2	3	4	5
8 I feel all alone. No one helps me.	1	2	3	4	5
9 I have trouble making time for myself and taking a break.	1	2	3	4	5
10 I feel trapped in my caregiving role.	1	2	3	4	5
11 I feel hopeless and as if there is no help for my situation.	1	2	3	4	5
12 I have become angry and frustrated and sometimes I take my anger/frustration out on the person I care for.	1	2	3	4	5

If you find the majority of your answers fall in the yellow to red zone, you may be in or near burnout and should speak to your health care provider, a professional counselor, join a support group, and begin asking for help. If you fall somewhere in the middle, take some steps now to ease your burden and protect yourself from burnout.

If you need assistance with obtaining help, speak to your medical team social worker or find a care manager who can help you develop a plan. Visit aginglifecare.org for a care manager in your area.

Thank you to our annual partner:



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Parkinson & Movement Disorder Alliance



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