

Are you a Caregiver Quiz

According to statistics, more than 2 million Canadians are family caregivers, providing care to a loved one with long-term health problems.*

Those who don't identify with the role of a caregiver and take precautions to protect themselves from stress may not understand their risk for the physical and psychological impact of caregiver distress.

A family caregiver can be someone caring for a spouse, a parent, an extended family member and, even, a friend or neighbor.

If you check "yes" to any of these 10 examples, you are a caregiver and should understand the need to protect yourself from the debilitating distress that could come with that role:

Yes No

 I take time off from work to accompany a senior to a doctor's appointment.

 I assist a senior with her grocery shopping.

 I help a senior with his finances.

 My senior calls me nearly every day with a question or problem.

 I changed vacation plans to accommodate the needs of a senior.

 I reduced my work hours or took family leave to help ensure a senior was well cared-for.

 I wake up at night worrying that a senior is O.K.

 I often call on behalf of a senior to ask a question about a bill or to clear up confusion about a product or service.

 I've neglected time with my family and friends to help the senior I am caring for.

 I haven't been able to take part in hobbies or recreational activities because of the time I spend caring for someone.

*SOURCE: Canadian Institute for Health Information. Supporting Informal Caregivers – The Heart of Home Care. https://secure.cihi.ca/free_products/Caregiver_Distress_AIB_2010_EN.pdf

To help determine your level of stress as a family caregiver, take the Family Caregiver Distress Assessment at **FamilyCaregiverStressRelief.com**. And check out the additional resources of the Family Caregiver Stress ReliefSM program.