

# Are you a Caregiver Quiz

According to statistics, more than 42 million individuals in the U.S. are family caregivers. Many caregivers, though, wouldn't claim that label.

Those who don't identify with the role of a caregiver or 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 OK.

    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.

To help determine your level of stress as a family caregiver, take the Family Caregiver Distress Assessment at [FamilyCaregiverStressRelief.com](http://FamilyCaregiverStressRelief.com). And check out the additional resources of the Family Caregiver Stress Relief<sup>SM</sup> program.