



Caregiver	
Caring for	
ID	
Date	

Below are statements people sometimes make about caring for the health of someone else. Please indicate how much you agree or disagree with each statement as it applies to you personally as a caregiver.

Circle the answer that is most true for you today. If the statement does not apply, select N/A.

1.	When all is said and done, I am responsible for seeing that this person's health is managed properly.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
2.	Taking an active role in this person's health care is one of the most important factors in determining her/his health and ability to function.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
3.	I know what each of this person's prescribed medications do.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
4.	I am confident that I can tell when this person needs to get medical care and when I can handle the problem myself.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
5.	I am confident I can tell a doctor the concerns that I have about this person's health even when he or she does not ask.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
6.	I am confident that I can follow through on medical treatments I need to do for this person at home.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
7.	I am able to help this person maintain lifestyle changes (like eating diet or exercising) for her/his condition.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
8.	I know how to prevent problems with this person's health.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
9.	I am confident I can figure out solutions when new situations or problems arise with this person's health.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A
10.	I am confident I can help this person with lifestyle changes, like diet and exercise, even during times of stress.	Strongly Disagree	Disagree	Agree	Strongly Agree	N/A