

Caregiver Self-Assessment & Burnout Checklist

Caring for someone with dementia can be deeply meaningful—but also physically, emotionally, and mentally exhausting. This self-assessment is designed to help you reflect on your own well-being, recognize signs of burnout, and consider steps to care for yourself as well.

Instructions:

Answer the following questions honestly. This is for your personal reflection. If you find yourself scoring high on many items, it may be time to seek additional help or respite.

Section 1: Emotional and Physical Strain

- Do you feel that your relative asks for more help than they need?
- Do you feel stressed between caring for your loved one and trying to meet other responsibilities?
- Do you feel angry or frustrated with your loved one?
- Do you feel tired or worn out most of the time?
- Do you feel you have lost control of your life since becoming a caregiver?

Section 2: Impact on Personal Life and Health

- Have you experienced health problems that you think are related to caregiving?
- Do you feel that you do not have enough time for yourself?
- Do you feel isolated or alone in your caregiving role?
- Do you feel your social life has suffered because of caregiving?
- Have you had to give up things you enjoy because of caregiving?

Section 3: Reflection and Support

- What is the hardest part of caregiving for you right now?
- Who can you ask for help or emotional support when needed?
- What is one small act of self-care you can do this week?
- Would joining a support group or speaking with a counselor help you feel less alone?

Remember: You are not alone. Caring for yourself is not selfish—it is essential. Talk to your healthcare provider, connect with a support group, or take a break. Your well-being matters.