



## The Caregiver Intensity Index™

Name\* \_\_\_\_\_ NYAM ID# \_\_\_\_\_

\*optional

Being an ARCHANGEL for a loved one is rewarding but it can also be really intense. What's your Caregiver Intensity Score? Take a minute to check in on yourself. Your answers help us improve the services and resources we provide for you.

- 1.) Are you caring for a relative or friend who is 18 years or older? We are talking about things like helping with personal needs, household chores, health care tasks, managing money, taking them to a doctor's appointment, arranging for outside services, or visiting regularly to see how they are doing. Yes  No
- 2.) Are you caring for a child or teenager under the age of 18? We are talking about care like helping with schoolwork, personal needs, household chores, health care and nutrition, taking them to a doctor's appointment, arranging for outside services, visiting regularly to see how they are doing. Yes  No
- 3.) The situation with the person or people I provide care for can be unpredictable or unstable.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 4.) I never know what to expect in my caregiving situation, so it's hard to plan ahead.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 5.) I have had to cut down on my own expenses because I help pay for things for the person or people I care for.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 6.) Caregiving is a financial burden on me or my family.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 7.) Our family has disagreements about people not doing enough to help.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 8.) Our family has disagreements about people not spending enough time with the person or people I am providing care to.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 9.) I feel underprepared for most situations I encounter as a caregiver.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 10.) I feel like I should be doing more than I am doing as a caregiver.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 11.) I have more to do as a caregiver than I can handle.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree

## The Caregiver Intensity Index™

- 12.) I feel supported as a caregiver by friend's neighbors or family.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 13.) I have someone I can turn to for support when things are difficult.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 14.) I am confident in my ability to navigate the health insurance benefits of the person or people I am caring for.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 15.) I know how to manage the financial situation of the person or people I am caring for.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 16.) I feel that I am doing a good thing being a caregiver.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 17.) I have learned to effectively cope with the difficult situation of being a care giver.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 18.) I am confident in my ability to handle most things that I have to do as a caregiver.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 19.) Caregiving has limited my ability to spend time doing the things I take pleasure in.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 20.) I don't have as much personal freedom as I would like.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 21.) I feel depressed  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 22.) I am stressed out  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 23.) I sometimes feel manipulated by the person or people I care for.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 24.) I resent what I have to do as a caregiver.  
 Strongly disagree  Disagree  Neutral  Agree  strongly agree
- 25.) Tell us a little about your work situation right now.  
 Full time  Part-time  Unemployed  Retired

***If Working Full Time or Part-time:***

## The Caregiver Intensity Index™

- 26.) My caregiving responsibilities have caused me to miss more work than normal.  
 Strongly disagree  Disagree  Neutral  Agree  Strongly agree
- 27.) My caregiving responsibilities have caused me to be less productive at work.  
 Strongly disagree  Disagree  Neutral  Agree  Strongly agree
- 28.) My employer gives me the flexibility I need to do my job as a caregiver.  
 Strongly disagree  Disagree  Neutral  Agree  Strongly agree
- 29.) My employer provides support to help me in my job as a caregiver.  
 Strongly disagree  Disagree  Neutral  Agree  Strongly agree