

## Self Assessments

If you notice any of the following warning signs, you may be approaching role overload and should seek assistance from a local support group, self-help agency, your physician or nurse (check one response for each):

	Yes	No
<input type="checkbox"/> No matter what you do, your care is not enough.	_____	_____
<input type="checkbox"/> You feel you are the only person in the world enduring this and that you are alone.	_____	_____
<input type="checkbox"/> You do not have any time or place to be alone for even brief respite.	_____	_____
<input type="checkbox"/> Family relationships are breaking down because of caregiving pressures.	_____	_____
<input type="checkbox"/> Your caregiving duties are interfering with your work and social life (your other roles) to an unacceptable degree.	_____	_____
<input type="checkbox"/> You realize you are all alone and doing the care alone.	_____	_____
<input type="checkbox"/> You refuse to think of yourself and your own needs because “that would be selfish”.	_____	_____
<input type="checkbox"/> Your coping methods have become destructive to you: you’re overeating/undereating, abusing drugs/alcohol.	_____	_____
<input type="checkbox"/> There are no more happy times and there is no humor in your life.	_____	_____
<input type="checkbox"/> Loving and caring have given way to exhaustion and resentment.	_____	_____
<input type="checkbox"/> You no longer feel good about yourself or take pride in what you are doing.	_____	_____
<input type="checkbox"/> You feel like a victim.	_____	_____
<input type="checkbox"/> You dislike the care recipient.	_____	_____

If you answer “yes” to three of these, discuss with your physician or nurse.

### Helpful websites:

- Empowering Caregivers: <http://www.care-givers.com>
- Family Care Research Program: <http://www.cancercare.msu.edu>
- National Cancer Institute: <http://www.nci.nih.gov>
- Caregiver.com – Today’s Caregiver Magazine : <http://www.caregiver.com>
- National Family Caregiver Association: <http://www.nfcacares.org>
- Family Caregiver Alliance: <http://www.caregiver.org/caregiver/jsp/home.jsp>

Too much stress can lead to more serious health problems. Learn to recognize signs of stress in yourself, and contact your health care professional if you experience the following on a regular basis (check one response for each):

	<b>Yes</b>	<b>No</b>
<input type="checkbox"/> Denial about the disease and its effect on your family member.	_____	_____
<input type="checkbox"/> Anger at the person for whom you are caring.	_____	_____
<input type="checkbox"/> Social withdrawal from friends and activities that once brought you pleasure.	_____	_____
<input type="checkbox"/> Anxiety about facing each day and the future.	_____	_____
<input type="checkbox"/> Feel depressed (sad or blue) which affects your ability to cope.	_____	_____
<input type="checkbox"/> Exhaustion making it impossible to complete necessary tasks of the day.	_____	_____
<input type="checkbox"/> Sleeplessness caused by constant concern and worry.	_____	_____
<input type="checkbox"/> Irritability that triggers negative responses and reactions in others.	_____	_____
<input type="checkbox"/> Lack of concentration making it difficult to perform usual daily tasks.	_____	_____
<input type="checkbox"/> Health problems that take their toll, both mentally and physically – worsening chronic disease, colds.	_____	_____

If you answer “yes” to three of these, and they last for more than a week, discuss with your doctor or nurse.

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