|  |  |  |  |
| --- | --- | --- | --- |
| **Topics** | **Examples of questions** | **Insights from conversation** | **Resources available** |
| **Identify caregiver** | Do you provide assistance to the (dementia patient)? | Caregiver’s understanding of role |  |
| Relationship to dementia patient | What is your (the caregiver’s) relationship to the care recipient? | Provides information on dynamics of relationship between caregiver and care recipient | Alzheimer’s Association (www.Alz.org)  Caregiver Center  24/7 Hotline - 1.800.272.3900 Savvy Caregiver training |
| Quality of family relationships | How would you (the caregiver) describe the quality of your family relationships? | Self-identified poor quality of relationships may correlate with higher burden levels |  |
| **Caregiver's perception of health and functional status of dementia patient** | | |  |
| Daily activities | Can the (dementia patient) carry out activities of daily living (e.g., bathing, dressing) without assistance? (e.g., managing finances, shopping, taking medications) | Assesses type and intensity of care needed Identifies need for supervision | Alzheimer’s Association (www.Alz.org)  Caregiver Center  24/7 Hotline - 1.800.272.3900 Savvy Caregiver training |
| Behavioral problems | Does the (dementia patient) have any behavioral problems?  How frequently do they occur and how much do they bother or upset the caregiver when they happen? |  |  |
| **Caregiver’s skills, abilities, and knowledge** | |  |  |
| Caregiving confidence and competence | How knowledgeable are you about (dementia patient)'s condition? | Caregivers who do not feel adequately trained for caregiving roles report higher levels of burden | Alzheimer’s Association (www.Alz.org)  Caregiver Center  24/7 Hotline - 1.800.272.3900 Savvy Caregiver training |
| Knowledge of medical care tasks | What are the skills and abilities you need to provide care for the (dementia patient)?  Do you have the appropriate knowledge of medical care tasks (medication dosages)? | Identifies unmet educational and informational needs |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Caregiver's values and preferences** | |  |  |
| Caregiver and dementia patient willingness to assume and accept care | How do you feel about being the caregiver? Is the (dementia patient) willing to accept care? Does you feel obligated to provide care? | Burden levels are higher in caregivers who feel they had no choice in assuming the role | Family Caregiver Alliance (www.caregiver.org)Taking Care of YOU: Self-Care for Family Caregivers brochure |
| Culturally based norms | What types of care arrangements are (culturally) acceptable for your family? | Provides insight into additional support for the caregiver and recipient |  |
| **Caregiver's wellbeing** |  |  |  |
| Self-rated health | In general, would you say your health is…  Excellent  Very good  Good  Fair  Poor Is your own health better than, about the same as, or worse than it was six months ago? | Caregivers who rate their own health as poor are at higher risk of serious medical complications, including increased mortality | Family Caregiver Alliance (www.caregiver.org)Taking Care of YOU: Self-Care for Family Caregivers brochure |
| Health conditions and symptoms | Do you have any health conditions or symptoms?  How often in the past six months have you had a medical examination or received treatment for health problems from a primary care physician? | Assesses need for the caregiver to focus on his or her own health Assesses effect of caregiving on sleep deficiency, which can contribute to increased morbidity and mortality | Refer to medical services as needed |
| Life satisfaction, quality of life | In general, would you say your quality of life is…  Excellent  Very good  Good  Fair  Poor | Caregivers who report lower satisfaction and poorer quality of life are at risk of increased morbidity and mortality |  |
| Self-care | Take breaks  Take care of their own health  Healthy diet  Exercise  Join a support group  Respite care |  | Family Caregiver Alliance (www.caregiver.org)Taking Care of YOU: Self-Care for Family Caregivers brochure |
| **Caregiving consequences - Support** | |  |  |
| Perceived challenges and benefits of caregiving | Do you feel like you are supported by people around you? Do you have work-related, emotional, or health problems from caregiving?  Do you feel satisfaction in helping a family member? Do you feel like you have developed new skills and knowledge as a result of caregiving? Has there been an improvement in family relationships as a result of the caregiving situation? | Identifies additional support for caregiver  Assesses work-related, emotional, and physical burdens  Identifies perceived benefits from caregiving role that may lessen likelihood of burden | Alzheimer’s Association (www.Alz.org) Family Caregiver Alliance (www.caregiver.org) National Alliance for Caregiving (http://caregiving.org) |
| Depression or other emotional distress | How often do you feel anxious or angry?  Do you feel this way more often when you are caring for (dementia patient)? | Anxiety or anger can lead to increased levels of burden | Refer to needed medical services |
| Social support | Praying Talking with family and friends Seeking resources from books or online |  | Alzheimer’s Association (www.Alz.org) Family Caregiver Alliance (www.caregiver.org) National Alliance for Caregiving (http://caregiving.org) |

Adapted from: Collins, L. G., & Swartz, K. (2011). Caregiver care. *American family physician*, *83*(11), 1309.