



Family Caregiver Stress Test

With nearly half of Canadian families balancing work outside the home and caring for a loved one, Premier Homecare Services understands how family caregivers can feel stressed and overwhelmed. To help families cope, Premier Homecare Services has created a new self-diagnostic stress-test to help you evaluate whether your family can use some help to alleviate some of the pressure.

Over the past seven days have you experienced feelings of stress, anxiety, frustration, or like you've reached your breaking point? Use this self-diagnostic evaluation to assess your stress level.

0 - Not applicable
1 - Not at all
2 - Yes
3 - Extremely

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|---|----------|----------|----------|----------|
| 1. Have you noticed a change in a personal relationship – i.e. your Spouse, child, parent, etc.? | 0 | 1 | 2 | 3 |
| 2. Has there been an impact on your social life based on your responsibility caring for your senior loved one? | 0 | 1 | 2 | 3 |
| 3. Has there been an impact on your social life based on your responsibility of caring for your senior loved one? | 0 | 1 | 2 | 3 |
| 4. Do you disagree or have conflicts with your siblings or other relatives over care decisions for your loved one? | 0 | 1 | 2 | 3 |
| 5. Have you, or someone in your family, questioned your ability and/or approach to providing care? | 0 | 1 | 2 | 3 |
| 6. Are you experiencing a financial burden or strain that is directly associated with caring for your loved one? | 0 | 1 | 2 | 3 |

Now add the numbers you've circled and if you scored a total of 10 or more, you are at risk of caregiving affecting your health. See your health care provider or call Premier Homecare Services North York at 416-510-8848 to find out how you can get help.



For seniors. For independence. For quality of life.