

# Caregiver Self Quiz

*As a caregiver, what areas of your life can you improve? Take this quiz to narrow it down. Monitor how your risk factors change over time by taking this quiz every few months. Share your results with family and friends so they can better understand the scope of caregiving.*

**I exercise 3 to 5 times per week.**

- a. Regularly
- b. Sometimes
- c. Never

**I do not drink alcohol or use drugs.**

- a. No
- b. Every now and then
- c. Often

**I have at least one person whom I can confide in and talk to on good and bad days.**

- a. Definitely
- b. I rarely confide in anyone
- c. Never

**I make and keep my own medical and dental appointments.**

- a. Often
- b. Sometimes
- c. Never

**I get an adequate amount of sleep.**

- a. Regularly
- b. Sometimes
- c. Never

**I take time to do things that I enjoy (like gardening, reading, church, going to the movies).**

- a. Often
- b. Occasionally
- c. Can't remember the last time

**I regularly volunteer or have a gratifying job.**

- a. Yes
- b. I volunteer or work sometimes
- c. No

**I have a hobby or recreational activity I enjoy doing regularly.**

- a. Definitely
- b. I rarely do it, but try to
- c. Never

**I can't sleep and/or I have anxiety.**

- a. I don't have either
- b. A few times a month
- c. I'm anxious all the time and rarely sleep well

**I do not use tobacco products.**

- a. I never use them
- b. I sometimes use them
- c. I regularly use them

**I eat at least two to three balanced meals a day.**

- a. I regularly do
- b. When I can
- c. Never

**I have my own goals and am taking steps to achieve them.**

- a. I keep my own list of goals
- b. I have one or two goals
- c. I don't have goals

**To order "Caring and Coping", NPF's free caregiver book that features this quiz, please call the NPF Helpline at 1-800-4PD-INFO.**

*Adapted from "Checklist for Caregivers: Do You Take Care of Yourself?" Bass, D.S. 1990, Caring Families: Supports and Interventions.*

## If you answered:

**Mostly A's:** You are doing an excellent job taking care of yourself. Keep it up!

**Mostly B's:** You have room for improvement. Examine the areas where you struggle, and seek help from family, friends or doctors to make some changes.

**Mix of B's and C's:** Try to take better care of yourself. You may be at moderate risk for health problems. Ask for help in creating and sticking to a plan.

**Mostly C's:** You are at extremely high risk for developing health problems. Visit your doctor as soon as possible for a check-up. Remember, you can only provide good care for someone else if you take good care of yourself. Don't know where to begin? Call our Helpline at 1-800-4PD-INFO (1-800-473-4636).