

Caregiver Well-Being Tool

The following tool can be used to quickly screen for stress that results from caregiving. A score of 17 or higher reflects high burden and high risk and indicates the need for more in-depth assessment by a healthcare professional to determine the appropriate intervention and follow-up.

INSTRUCTIONS: The following is a list of statements which reflect how people sometimes feel when taking care of another person. After each statement, indicate how often you feel that way: never, rarely, sometimes, quite frequently, or nearly always. There are no right or wrong answers.

Zarit Burden Scale	NEVER	RARELY	SOMETIMES	QUITE FREQUENTLY	NEARLY ALWAYS
1. Do you feel that, because of the time you spend with your relative, you don't have enough time for yourself?	0 (___)	1 (___)	2 (___)	3 (___)	4 (___)
2. Do you feel stressed between caring for your relative and trying to meet other responsibilities for your family or work?	0 (___)	1 (___)	2 (___)	3 (___)	4 (___)
3. Do you feel angry when you are around your relative?	0 (___)	1 (___)	2 (___)	3 (___)	4 (___)
4. Do you feel that your relative currently affects your relationship with other family members?	0 (___)	1 (___)	2 (___)	3 (___)	4 (___)
5. Do you feel strained when you are around your relative?	0 (___)	1 (___)	2 (___)	3 (___)	4 (___)
6. Do you feel that your health has suffered because of your involvement with your relative?	0 (___)	1 (___)	2 (___)	3 (___)	4 (___)
7. Do you feel that you don't have as much privacy as you would like, because of your relative?	0 (___)	1 (___)	2 (___)	3 (___)	4 (___)
8. Do you feel that your social life has suffered because you are caring for your relative?	0 (___)	1 (___)	2 (___)	3 (___)	4 (___)
9. Do you feel that you have lost control of your life since your relative's illness?	0 (___)	1 (___)	2 (___)	3 (___)	4 (___)
10. Do you feel uncertain about what to do about your relative?	0 (___)	1 (___)	2 (___)	3 (___)	4 (___)
11. Do you feel that you should be doing more for your relative?	0 (___)	1 (___)	2 (___)	3 (___)	4 (___)
12. Do you feel that you could do a better job in caring for your relative?	0 (___)	1 (___)	2 (___)	3 (___)	4 (___)

ADD COLUMNS _____ + _____ + _____ + _____

TOTAL (cumulative total of all columns*) _____

* A score of 17 or higher reflects high burden and high risk

Zarit SH, Reever KE, Bach-Peterson J. Relatives of the impaired elderly: correlates of feelings of burden. Gerontologist. 1980;20(6):649-655.