

Care Partner Self-Assessment

Rate each item below from 1 (almost always) to 5 (never) according to how much of the time each statement applies to you by circling each number. Write the data above so you can track your wellbeing over time.

- 1 – Almost Always
- 2 – Frequently
- 3 – Occasionally
- 4 – Rarely
- 5- Never

I exercise on a regular basis	1	2	3	4	5
I make and keep preventive and necessary medical and dental appointments	1	2	3	4	5
I have a job or regular volunteer activity that is gratifying	1	2	3	4	5
I use alcohol, tobacco, or drugs to offset stress from caregiving duties	1	2	3	4	5
I get an adequate amount of sleep each day	1	2	3	4	5
I have a hobby or recreational activity I enjoy and spend time doing	1	2	3	4	5
I eat at least two to three balanced meals a day	1	2	3	4	5
I have at least one person in whom I can confide (tell my problems, discuss my successes)	1	2	3	4	5
I take time to do things that are important to me (e.g., church, garden, read, spend time alone).	1	2	3	4	5
I do not have problems with sleeplessness or anxiety	1	2	3	4	5
I have personal goals and am taking steps to achieve them	1	2	3	4	5

Interpretation

Add up your points.

12-24	You are doing an excellent job taking care of yourself.
25-36	You have room for improvement. Examine the areas where you struggle and seek help from family, friends, or healthcare professionals to make some changes.
37-48	You are doing a poor job taking care of yourself and are at moderate risk for personal health problems. Talk to your healthcare provider or others who can help you create and stick to a plan to take better care of yourself.
48-60	You are at extremely high risk for personal health problems. It is important for you to talk to your personal healthcare provider as soon as possible. Remember, you can only provide good care for someone else if you take good care of yourself.