



# Modified Caregiver Strain Index

Directions: Here is a list of things that other caregivers have found to be difficult. Please put a checkmark in the columns that apply to you. We have included some examples that are common caregiver experiences to help you think about each item. Your situation may be slightly different, but the item could still apply.

	Yes, On a Regular Basis=2	Yes, Sometimes =1	No=0
My sleep is disturbed (For example: the person I care for is in and out of bed or wanders around at night)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Caregiving is inconvenient (For example: helping takes so much time or it's a long drive over to help)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Caregiving is a physical strain (For example: lifting in or out of a chair; effort or concentration is required)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Caregiving is confining (For example: helping restricts free time or I cannot go visiting)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

