

The Case Manager will administer the inventory by reading the statement and marking the responses.

Choose the number that best represents how often the statement describes your feelings.

- 0 - Never**
- 1 - Rarely**
- 2 - Sometimes**
- 3 - Quite Frequently**
- 4 - Nearly Always**

Client Name _____
Caregiver Name _____ **Date** _____

Time Dependency Items	
He/she needs my help to perform many daily tasks	① ② ③ ④
He/she is dependent on me	① ② ③ ④
I have to watch him/her constantly	① ② ③ ④
I have to help him/her with many basic functions	① ② ③ ④
I don't have a minute's break from his/her chores	① ② ③ ④

Development Items	
He/she needs my help to perform many daily tasks	① ② ③ ④
I feel that I am missing out on life	① ② ③ ④
I wish I could escape from this situation	① ② ③ ④
My social life has suffered	① ② ③ ④
I feel emotionally drained due to caring for him/her	① ② ③ ④
I expected that things would be different at this point in my life	① ② ③ ④

Physical Health Items	
I'm not getting enough sleep	① ② ③ ④
My health has suffered	① ② ③ ④
Care giving has made me physically sick	① ② ③ ④
I'm physically tired	① ② ③ ④

Emotional Health Items	
I feel embarrassed over his/her behavior	① ② ③ ④
I feel ashamed of him/her	① ② ③ ④
I resent him/her	① ② ③ ④
I feel uncomfortable when I have friends over	① ② ③ ④
I feel angry about my interactions with him/her	① ② ③ ④

SUPPLEMENTARY FIG. S2. The Caregiver Burden Inventory.

Social Relationships Items	
I don't get along with other family members as well as I used to	① ① ② ③ ④
My care giving efforts aren't appreciated by others in my family	① ① ② ③ ④
I've had problems with my marriage (or other significant relationship)	① ① ② ③ ④
I don't get along as well as I used to with others	① ① ② ③ ④
I feel resentful of other relatives who could but do not help	① ① ② ③ ④

Total Score:

Scores near or above 36 indicates a greater need for respite and other services.

It is important to seriously look at any item on the burden scale where the answer was scored as a 3 or 4 ('quite frequently' or 'nearly always'). If you have a 3 or 4 as an answer, give careful thought about why the caregiver scored so high on the question and see if you can find a way to reduce the stress.

Comments: _____

