

Care partner self-assessment



Rate each item below from 1 (never) to 5 (almost always) according to how much of the time each statement applies to you. Add all the numbers you have selected to determine your results.

1 Never 2 Rarely 3 Occasionally 4 Frequently 5 Almost always

STATEMENT		RATING				
1	I exercise on a regular basis.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
2	I make and keep preventive and necessary medical and dental appointments.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
3	I have a job or regular volunteer activity that is gratifying.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
4	I do not use tobacco products.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
5	I do not consume alcohol or use drugs.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
6	I get an adequate amount of sleep each night.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
7	I have a hobby or recreational activity I enjoy and spend time doing.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
8	I eat at least two to three balanced meals a day.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
9	I have at least one person in whom I can confide (tell my problems, discuss my successes).	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
10	I take time to do things that are important to me (e.g., church, garden, read, spend time alone).	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
11	I am optimistic and have a healthy outlook on life.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
12	I have personal goals and am taking steps to achieve them.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5

Total

Assessment results

12-24 You are at extremely high risk for personal health problems. It is important for you to talk to your personal health care provider as soon as possible. Remember, you can only provide good care for someone else if you take good care of yourself.

37-48 You have room for improvement. Assess where you experience challenges and seek help from family, friends, or professionals and make some changes.

25-36 You are at moderate risk for personal health problems. Talk to your health care provider or others who can help you create and stick to a plan to take better care of yourself.

49-60 You are doing very well at taking care of yourself.

Adapted from Caring and Coping: A Caregiver's Guide to Parkinson's Disease, published by the Parkinson's Foundation, 2016. Original version adapted from "Checklist for Caregivers: Do you take care of yourself?" Bass, D.S. 1990, Caring Families: Supports and Interventions, p. 35, National Association of Social Workers

