

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

