

# Caregiver Assessment

Caring for a child with an illness or disability can affect multiple areas of your life. These questions will help you consider areas of strength, as well as those where you may need support.

	I feel good about this	Could use improvement	I could use some support	Has this changed recently?	
				Yes	No
Where you live	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes	No
Your social life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes	No
Your ability to have fun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes	No
Your ability to relax	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes	No
Your independence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes	No
Your ability to get exercise and be active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes	No
Your stress level	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes	No
Having money for medications and other needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes	No
Your professional work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes	No
Your relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes	No
Your participation in community activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes	No
How you feel about yourself (self-esteem)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes	No
Managing routines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes	No
Managing medications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes	No
Parenting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes	No
Other:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Yes	No