

Caregiver Needs Assessment Supplement

The Caregiver Needs Assessment should be used as a discussion guide, not a checklist. Start the conversation by asking a general question about each section/topic. Suggested questions are below. If the caregiver only says one thing but you feel that they have other needs based on what you already know about the situation, use the list of choices on the assessment form to encourage more sharing.

Section I – Unmet Care Recipient Needs

What are the things that _____ needs the most help with?

Of the things _____ needs help with, which are the most troublesome for you to handle?

Section II – Unmet Caregiver Respite Needs

Do you feel like you have enough time to yourself? For taking care of your household, keeping up social activities, working, sleeping...

Are you able to take care of your own needs, such as maintaining your household, your physical health and your job while also providing care for _____?

Section III – Unmet Caregiver Physical Health Needs

Has your physical health declined as you have added responsibilities caring for _____?

Has your diet, sleep or exercise routine changed because of the time and energy spent caring for _____?

Section IV – Unmet Caregiver Emotional Health Needs

How have you been handling the emotional stress of caring for _____?

Has it been difficult emotionally to care for _____?

Are you able to handle the added stress from caring for _____?

Are you aware of support groups/memory café's/counseling available?

Section V- Education and Resource Needs

Are advance directives in place for your loved one? For yourself?

Would more information or education about handling _____'s behavior challenges/condition/caregiving stress, or community resources, etc. be helpful?