

CAREGIVER QUIZ

In caring for a loved one, how often do you have the following experiences:	SCORE
Feeling resentful	
Feeling trapped	
Being tired, not getting enough sleep	
Feeling weary	
Feeling troubled	
Feeling helpless	
Poor appetite or overeating	
Being physically exhausted	
Feeling disillusioned	
Feeling useless	
Being utterly drained of feeling	
Feeling "burned out"	
Being unhappy	
Feeling anxious	
Feeling rejected	
TOTAL	