

Caregiver Burnout Quiz



Taking care of yourself is just as important as caring for a loved one. If you're noticing signs of fatigue or burnout in yourself or in a parent, it might be time to evaluate. Take this quick quiz to see where you stand, and remember support is available, and your well-being matters, too.

	Never	Infrequently	Sometimes	Always					
Do you struggle to take breaks or take time to relax, even when you know you need to?	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>					
Do you often feel lonely or isolated, even when surrounded by others?	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>					
Have you been experiencing frequent feelings of depression, anxiety, or hopelessness?	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>					
Do you find yourself feeling irritable, impatient, or frustrated, especially with the person you're caring for?	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>					
Have you noticed that exhaustion is making it difficult to complete daily tasks?	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>					
Are you having trouble sleeping, feeling constantly drained, or lacking the energy to get through the day?	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>					
Have you lost interest in activities you once enjoyed or started avoiding friends and social gatherings?	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>					
Do you often worry you're losing control of your own life or feel unappreciated for your efforts?	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>					
Have you noticed a decline in your own health, or are you skipping your own doctor appointments?	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>					
Do you turn to alcohol, drugs, or prescription medications to manage stress?	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>					
Once you've answered all 10 questions, add up your points total here:	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>

Level of Caregiver Burnout

10-15: Minimal

You're doing a great job taking care of your loved one AND yourself!

Make sure to keep taking breaks and practicing self-care.

16-25: Mild

You may be feeling some stress - consider small changes to prioritize your well-being, like a balanced diet.

You may need additional resources to maintain your own health.

26-35: Moderate

Caregiver burnout signs are becoming more apparent.

It's time to reach out for help and seek out information about assisted living in your area.

36-40: Severe

You're experiencing caregiver burnout! Consider taking time for yourself and seeking caregiver support groups.

Reach out to senior living counselors for help!