

Assessing family caregivers' needs

Compiled 2017

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These assessment tools have been developed by various organizations to be used in research settings or in clinical health settings. Healthcare and mental health professionals may find them useful toward the goal of better serving the needs of family caregivers.

- Gale

American Medical Association's Caregiver Self-Assessment Questionnaire
In English and Spanish

<http://web.mit.edu/workplacecenter/hndbk/docs/questionnaire.pdf>

Zarit Burden Interview

22 questions, for academic research

<https://neurologyacademy.files.wordpress.com/2016/03/the-zarit-burden-interview.pdf>

Modified Caregiver Strain Index

13 items targeting four domains of strain: financial, physical, psychological, social and personal

Available for download at Lippincott, American Journal of Nursing <http://bit.ly/kfSKwk>

Brief Assessment Scale for Caregivers (BASC) of the Medically Ill

Inquires about distress related to the patient's condition and treatment choices

Published in: Glajchen M, et. al. Development of a brief assessment scale for caregivers of the medically ill. *Journal of Pain Symptom Management* 2005; 29(3):245-54.

United Hospital Fund's Next Step in Care guide

titled "What do I need as a family caregiver?"

Available in English, Spanish, Chinese and Russian

Focuses on immediate transition needs and ability to perform tasks, and common worries

http://www.nextstepincare.org/Caregiver_Home/What_Do_I_Need/

or visit www.nextstepincare.org click for family caregivers and scroll down

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TLC Resource Center

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Calming and centering contemplative practices for senior citizens and family caregivers
from Gale Lyman, holistic nurse, freelance writer and guest speaker.

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