

Caregiver Geriatric MMAS-8 (CG-MMAS-8)

Preface

You help take care of an older adult (like a parent, grandparent, or loved one) who needs regular care or medications. We'd like to know how things have been going for you. There are no right or wrong answers — just your honest experience from the past 2 weeks.

1. Do you sometimes forget to give or remind them to take their medication or do their care routine?
☐ Yes ☐ No
2. People sometimes miss giving care for reasons other than forgetting. In the past 2 weeks, were there any days you didn't follow through on their care or medications?
☐ Yes ☐ No
3. Have you ever skipped a dose or changed something in their care because they felt worse or didn't want it, without talking to a doctor?
☐ Yes ☐ No
4. When the daily routine is disrupted or busy, do you sometimes forget to give or organize their care?
☐ Yes ☐ No
5. Did you provide or supervise the treatment the last time it was needed?
☐ Yes ☐ No
6. When the person you're caring for seems to be doing better, do you sometimes give less care or stop the treatment?
☐ Yes ☐ No
7. Do you ever feel tired or overwhelmed by keeping up with their care needs every day?
☐ Yes ☐ No
8. How often do you struggle to manage or keep up with their treatment or medication schedule?
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always