

## 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

Please speak with your healthcare provider if you have questions about your medications or if there are things making it difficult to take them as prescribed. Adherence is a journey, not a test—your answers help illuminate the path.