



Caregiver Self-Assessment*

As a caregiver, how are you doing?

Signs of burnout/fatigue	Never	Sometimes	Frequently	Always
I can't fall asleep or I frequently wake up.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a lack of energy during the day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I eat too much or too little.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am sick more often (flus, colds, headaches).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel impatient or I am easily agitated.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel guilty that I am not doing enough.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have trouble concentrating on everyday simple tasks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am becoming more forgetful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I stopped doing activities I used to find enjoyable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am more socially isolated from my friends and family.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel sad or depressed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel anxious or worried.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have lost interest in doing things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you checked “Frequently” or “Always” for any of the above, then it’s time to seek help from a healthcare provider, or your local health and social service network—because you have to take care of yourself, too!

Building a support network is one of the most important ways to prevent burnout.

It can be helpful to do an inventory of professional and family/friend supports that can help you with care tasks.

This form was created in partnership with Teva Canada, a global leader in generic and brand-name medicines.

Get more information and resources for caregivers at [medicineshoppe.ca/caregiver](https://www.medicineshoppe.ca/caregiver).

* Not intended as a substitute for medical advice. Please consult your doctor if you are experiencing a health problem.

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