

## Respite Pre-Survey

Being a caregiver for someone can be incredibly challenging on many levels. Between managing prescriptions, budgeting, scheduling appointments and the countless responsibilities in-between, caregiving can quickly become overwhelming and stressful. Don't forget to take care of yourself; so you can take care of others. Find time to relax, do something you enjoy, sleep or find other ways to reduce stress.

**1. Since becoming a caregiver, what are your concerns? (check all that apply)**

- Becoming exhausted physically or emotionally
- Struggling with balancing time for yourself, friends, and/or family
- Becoming overwhelmed with information overload
- Financial difficulties

**2. Do you have concerns about receiving respite services? (check all that apply)**

- Quality of care that is given
- Availability of the respite caregiver
- Care recipient reluctant to accept outside help
- Uncomfortable with having someone we don't know in the home
- Amount of respite available

**3. In case of an emergency, do you have a caregiver that can fill in for you?**

- Yes  No Please explain:

## Health, Safety, & Well-being

**4. Rate your current health status?**

- Excellent  Very Good  Good  Fair  Poor

**5. How would you rate your current relationship with your care recipient?**

- Excellent  Very Good  Good  Fair  Poor

**6. How would you rate your current relationship with others (i.e. partner/spouse/other family members) since becoming a caregiver?**

- Excellent  Very Good  Good  Fair  Poor

**7. How do you survive with stress related to caregiving? Please explain:**

**8. Do you have enough time to spend doing activities you enjoy (e.g. going to religious services, socializing with others, going out for a meal, reading, gardening, etc.)?**

- Strongly Agree  Agree  Disagree  Strongly Disagree

**9. What would you likely do with your respite break from caregiving? Please explain:**

**10. How many hours per week of respite would benefit you?**

- 2 hours or less  2 -4 hours  5 – 9 hours  10 or more hours