

LIFESTYLE ASSESSMENT

A caregiving role can affect multiple areas of your life. These questions will help you consider areas of strength, as well as those where you may need support.

	I feel good about this	Some room for improvement	I could use some support	Has this changed recently?
Where you live	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Your social life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Your ability to have fun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Your ability to relax	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Your independence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Your ability to get exercise and be active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Your stress level	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Having money for medications and other needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Your professional work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Managing routines and medications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Your social life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Your participation in community activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
How you feel about yourself (self-esteem)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO