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 client/patient?  
   □ 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 manage 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