



Date:

### Parkinsons Caregiver Stress Survey

Please help us to understand how much stress you are feeling by answering the following questions.

Check one:

Not True      Some What True      Very True

Name:

		Not True	Some What True	Very True
1	I feel stress because my loved one repeats himself/herself often.			
2	I feel stress because my loved one is often agitated.			
3	I feel stress because my loved one yells or curses often.			
4	I feel stress because my loved one is dependent on me.			
5	I feel stress because I have to help my loved one bathe.			
6	I feel stress because I have to help my loved one go to the bathroom.			
7	I feel stress because my loved one wanders.			
8	I feel stress because I have to help my loved one eat.			
9	I feel stress because I don't get enough sleep.			
10	I feel stress due to the costs of caring for my loved one.			
11	I feel that my family doesn't give me enough help in caring for my loved one.			
12	I feel that my friends don't give me enough help in caring for my loved one.			
13	I feel that I don't get out as much as I would like to.			
14	Sometimes I feel like running away.			
15	I feel emotionally drained due to caring for my loved one.			
16	I feel physically tired.			
17	I feel that I don't have enough time for myself.			
18	Sometimes I feel like putting my loved one in an assisted living or nursing home.			
19	Sometimes I resent being a caregiver.			
20	I feel that I can't afford to pay for help with caregiving.			