

# Caregiver Experience Questionnaire

## Introduction

Thank you for entrusting us with the care of your loved one. This questionnaire is designed to help us better understand your unique situation as a caregiver, so that we can provide the most effective support tailored to your needs. Please be assured that your responses will remain confidential and will not be shared with your loved one. By learning more about you, we can better recommend specific programs and services that may be beneficial in your caregiving journey. Thank you for taking the time to help us enhance the care and support we offer.

## Questions

### 1. Emotional Experience

When you think about caring for your loved one, which of the following statements resonates with you most?

- Pragmatism - I understand the situation for what it is, so I'm willing to take charge of my loved one's care.
- Determination - I know that, with perseverance, caring for my loved one is something I'm capable of doing.
- Devotion - Even though it often feels overwhelming, I'm committed to doing everything I can to help.
- Acceptance - I understand that the end of life is a natural part of it. This perspective helps keep me going.

### 2. Approach to Care

Which of the following most accurately describes your personal approach to care?

- Sacrifice - I value giving. I'm willing to put myself at the service of my loved one no matter what.
- Ownership - Caring for my loved one is my decision. I take destiny into my own hands and view it as something we can solve.
- Honor - It's an honor to take care of my loved one. I want to enjoy the time we have left together with no regrets.
- Control - Despite my loved one's loss of independence, I've found a way to manage the situation and have help and resources that I can rely on.

### 3. Strength

Which of the following words would you say is your biggest strength in caregiving?

- I'm devoted.
- I'm proactive.
- I'm present.
- I'm organized.

#### 4. Needs

Which of the following describes where you need the most support?

- Help honoring my loved one and enjoying the time we have left together.
- Help supporting my loved one without losing hope.
- Help determining the right course of action.
- All around help.

#### 5. Burden

What's the hardest part about being a caregiver?

- Feeling like I'm in over my head no matter how hard I try.
- All the responsibilities I have to manage.
- All the interferences that take me away from spending time with my loved one.
- Staying strong for my loved one when times get tough.

#### 6. Anticipatory Grief

When you think about your loved one dying, what comes to mind?

- I can't think about that right now.
- I just want to know that I did everything I could for them.
- I know it's inevitable, but for now I just take it one day at a time.
- I know death is a part of life, but it'll be hard not having them here.

#### 7. Support System

Which of the following statements best describes your access to support systems?

- I'm proactive about seeking support. I try my best to stay well informed and I'm open to asking for help.
- I tend to delay seeking support until it's absolutely necessary. My financial resources are limited, which constrains my options and acts as a source of stress.
- I have reliable access to resources and support, which allows me to rely on professional help more frequently.
- I have a tight-knit and supportive community around me, which is a big source of emotional and organizational support.

#### 8. Hypothetical

Say you get new test results back regarding your loved one's health. What's the first thing you would do?

- Contact family members to update them and get advice.
- Find the most qualified professional to help.
- Do some research to learn more.
- I'm not sure.

## 9. Asking For Help

How comfortable are you asking for help?

- I often do things myself, but I'm comfortable seeking support.
- It's usually hard for me to ask for help.
- I usually turn to family and community members for support.
- I frequently seek professional help.

## 10. Motivations

The biggest thing motivating me to care for my loved one is:

- I want to make sure my loved one gets the best treatments and services available.
- I want to be useful to my loved one. I choose to help and I'm proud to do so.
- I do it because, if I don't, who will? Even though it's hard, I do it no matter the sacrifice.
- Love, respect, and tradition. I want to give back what my loved ones had given to me.

## 11. Drive

We know that caregiving can be hard work. What keeps you going when it gets tough?

- My emotional bond and connection with my loved one is what keeps me going, no matter how hard it is for me.
- Perspective keeps me going. I embrace the circle of life and know I'm doing the right thing by giving back.
- Despite all the emotions and responsibilities I juggle, I have to keep a level head in order to make sure everything goes according to plan.
- I remind myself that, with hard work, I can do it. I try to take care of my own health in order to remain strong for my loved one.

## 12. Reward

Which of the following would you say is the most rewarding part of caring for your loved one?

- Knowing I gave it my all.
- Quality time with my loved one.
- Making sure my loved one has the best experience.
- Knowing I did the right thing.

**13. Open-ended 1**

In your own opinion, what could we do to support you the most?

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**14. Open-ended 2**

Which specific aspects of caring for your loved one do you need the most help with?

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**15. Open-ended 3**

Is there anything else you want us to know about you as a caregiver?

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**What happens next?**

Once you have completed this questionnaire, please return it to your case manager. They will carefully review your responses and get in touch with you to discuss and recommend tailored services and programs that can support you in your caregiving role. We aim to ensure that you receive the most appropriate and helpful resources to meet your needs and enhance your ability to care for your loved one. Thank you for your collaboration and openness.