



Identifying Your Strengths as a Caregiver

This questionnaire is designed to help you identify ways to care for a loved one in a manner that is consistent with your core strengths. Please answer each question honestly, and then total your points for each section. Your top three scores represent your strengths as a caregiver. Transfer your top three scores to the box on the back page. Then discuss with a small group who will take the lead in each area in providing care for a fictitious care recipient.

EMERGENCY MANAGEMENT

	Agree	Somewhat Agree	Disagree
I find it difficult to adjust when things do not go as planned.	0	1	2
When someone asks for assistance, I am usually the first to help.	2	1	0
I am good at organizing things that are not organized.	2	1	0

TOTAL SCORE: _____

FINANCIAL MANAGEMENT

	Agree	Somewhat Agree	Disagree
I am uncomfortable working with numbers.	0	1	2
I have no problem handling financial matters.	2	1	0
I am good at balancing financials to cover household expenses.	2	1	0

TOTAL SCORE: _____

HOUSEKEEPING

	Agree	Somewhat Agree	Disagree
Completing heavy housework would be difficult.	0	1	2
I don't mind doing light housework.	2	1	0
I enjoy working with my hands.	2	1	0

TOTAL SCORE: _____

LAWN WORK

	Agree	Somewhat Agree	Disagree
Communing with nature rejuvenates me.	2	1	0
I find mowing the lawn or shoveling snow tedious and strenuous.	0	1	2
I take pride in gardening and cultivating the earth.	2	1	0

TOTAL SCORE: _____

MEAL PREPARATION

	Agree	Somewhat Agree	Disagree
I enjoy cooking a good and nutritious meal.	2	1	0
I find grocery shopping to be frustrating and time consuming.	0	1	2
Others frequently say they enjoy the meals I prepare.	2	1	0

TOTAL SCORE: _____

MEDICATION MANAGEMENT

	Agree	Somewhat Agree	Disagree
I would excel at organizing medications for daily use.	2	1	0
I would be comfortable assisting my loved one with taking his or her medication.	2	1	0
I would find it difficult to research uses, side effects, and possible drug interactions.	0	1	2

TOTAL SCORE: _____

PERSONAL CARE

	Agree	Somewhat Agree	Disagree
I would feel uncomfortable performing personal care.	0	1	2
I don't mind assisting with bathing or dressing.	2	1	0
I don't mind assisting with toileting activities.	2	1	0

TOTAL SCORE: _____

SMALL GROUP EXERCISE

Assistance Needed	My Score	Primary Contact	Back-up Contact
Emergency Management			
Financial Management			
Housekeeping			
Lawn Work			
Meal Preparation			
Medication Management			
Personal Care			