Complete this one-page self-assessment tool to evaluate the amount of stress and isolation in your current caregiving situation, and to identify how to take simple actions to begin taking better care of yourself.

The most stressful thing about caring for someone with a chronic illness like PD is:

The single most irritating thing is:

The most rewarding thing is:

**Answer the following questions “yes” or “no”:**

- Do you get six hours of uninterrupted sleep most nights?   ______

- Have you set aside a period of time to be alone every day?   ______

- Is there someone you could/would phone if a problem arose any time day or night?   ______

- Is there someone in your circle of family or friends who would give or loan you money in case of financial hardship?  ______
Caregiver Stress Inventory: Self Assessment

- Does at least one other person fully understand the day-to-day trials you experience? _____

- Do you take regular planned breaks and mini-holidays away from caregiving responsibilities? _____

Your Caregiving Action Plan:

Two steps I will take in the next month to simplify my schedule or add joy to my life:

1. ____________________________________________________________

2. ____________________________________________________________