YOUR PREPARATION FOR CAREGIVING

We know that people may feel well prepared for some aspects of giving care to another person, and not as well prepared for other aspects. We would like to know how well prepared you think you are to do each of the following, even if you are not doing that type of care now.

	Not at all prepared	Not too well prepared	Somewhat well prepared	Pretty well prepared	Very well prepared
1. How well prepared do you think you are to take care of your family member's physical needs?	0	1	2	3	4
2. How well prepared do you think you are to take care of his or her emotional needs?	0	1	2	3	4
3. How well prepared do you think you are to find out about and set up services for him or her?	0	1	2	3	4
4. How well prepared do you think you are for the stress of caregiving?	0	1	2	3	4
5. How well prepared do you think you are to make caregiving activities pleasant for both you and your family member?	0	1	2	3	4
6. How well prepared do you think you are to respond to and handle emergencies that involve him or her?	0	1	2	3	4
7. How well prepared do you think you are to get the help and information you need from the health care system?	0	1	2	3	4
8. Overall, how well prepared do you think you are to care for your family member?	0	1	2	3	4
9. Is there anything specific you would like to be better prepared for?					
	MEAN SCOR	E of the num	nber of items a	answered:	
MEAN SCORE of the number of items answered:					

Reprinted with permission from author.

Stewart & Archbold (1986, 1994)

Permission is hereby granted to reproduce, post, download, and/or distribute, this material *in its entirety only* for not-for-profit educational purposes only, provided that The Hartford Institute for Geriatric Nursing, New York University, College of Nursing is cited as the source. This material may be downloaded and/or distributed in electronic format, including PDA format. Available on the internet at www.hartfordign.org and/or www.ConsultGeriRN.org. E-mail notification of usage to: hartford.ign@nyu.edu.

	Date
Medical Supplies/ Items needed	Questions for the Healthcare Team

Comments