

# How resilient are you feeling as a caregiver?

Check-in with yourself to learn more about where your strengths in resiliency lie.

Consider how you've been feeling this past week. If you strongly disagree with a statement, circle "1". If you are neutral about the statement, circle "3". If you strongly agree with the statement, circle "5".

1 Strongly Disagree    2 Disagree    3 Neutral    4 Agree    5 Strongly Agree

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1. In general, I feel I am managing the stress of being a caregiver.    1 2 3 4 5
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2. I am able to keep interested in things that are important to me.    1 2 3 4 5
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3. I am able to stay connected with my family and friends.    1 2 3 4 5
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4. I feel my life has meaning.    1 2 3 4 5
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5. I feel flexible and able to adjust to challenging situations.    1 2 3 4 5
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6. I can usually find something to laugh about.    1 2 3 4 5
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7. When something changes with the person I am caring for, I can usually take it in stride.    1 2 3 4 5
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8. I feel my role as a caregiver has meaning.    1 2 3 4 5
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9. I feel proud of who I am.    1 2 3 4 5
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10. My belief in myself helps me get through harder times.    1 2 3 4 5
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Look at the items where you rated yourself highly (score 4 or 5). Think of these as your "resilience strengths", ways in which you are already dealing with your caregiver role, that are helping you.

Now look at those items where you gave yourself a lower score (1 or 2). Think about one change that could help bring the score higher in that area. Try that one thing in the next week to help build on your existing strengths and experience.

<sup>1</sup> Adapted and used with permission from Vancouver Island Health Authority. Adapted from Wagnild & Young. 1993, McCurry, S.M. When a family member has dementia: Steps to becoming a resilient caregiver. Westport, Conn. 2006, Disenfranchised Grief: Coaching Interventions to Empower Caregivers of Persons with Dementia, 2012.