



**Angel's Loving Care, Inc.**  
1940 North Tustin Ave. Suite 112  
Orange, CA 92865  
714-283-3741 Phone  
714-283-3701 Fax  
800-913-3550 Toll Free  
www.angelslovingcare.com

## SPECIAL REPORT QUESTIONNAIRE

### Is It Time To Protect Yourself?

How do you know when it's time to seek help for the care of a loved one in order to maintain self health? A study of spouses that care for a loved one found that those who experience mental or emotional strain have a 63% higher risk of death than those that don't have this type of responsibility. Some providing care are so concerned with their relatives emotional, practical and physical needs that they lose sight of their own well-being. Please use the self-assessment questionnaire to help assess your need for help.

<i>During the past week or so, I have.....</i>	<b>Yes</b>	<b>No</b>
1. Had trouble keeping my mind on what I was doing		
2. Felt that I couldn't leave my relative alone		
3. Had difficulty making decisions		
4. Felt completely overwhelmed		
5. Felt useless and un needed		
6. Felt lonely		
7. Been upset that my relative has changed so much		
8. Felt a loss of privacy and/or personal time		
9. Been edgy and irritable		
10. My eating habits have changed		
11. Had sleep disturbed because of caring for my relative		
12. Feel that I am neglecting my own family		
13. Had a crying spell		
14. Felt strained between work and family responsibilities		
15. Had back, neck or shoulder pain		
16. Felt ill (headaches, stomach problems, or common cold)		
17. Been dissatisfied with the support my family has given me		
18. Found that my relatives living situation is inconvenient		
19. Do you currently feel stressed out?		
20. Is your current health the same as it was this time last year?		
Add your total number of YES responses		

To determine your score, total the number of YES responses. Chances are you are experiencing a high degree of distress if your total score is 10 or more; or you answered YES to questions 4 and 12, or if your rating on either question 18 or 19 was YES.

#### Next Steps

- Consider seeing a doctor for a check-up for **YOURSELF**.
- Consider **Professional CareGiver®** service. Contact **Angel's Loving Care, Inc.** for an evaluation of your specific situation and recommendations for your support needs
- A specialized short term relief program, **InstaCare®**, is also offered by **Angel's Loving Care,, Inc.** for those times when support is needed NOW.
- Consider joining a support group.