

CAREGIVER QUALITY OF LIFE SCALE

Caregiving for your senior pet can be a challenging experience that can affect your quality of life. To assess the caregiver's overall well-being, this quality of life questionnaire has been developed. It aims to help the caregiver understand the impact of caregiving on your quality of life and highlight areas of concern where additional help or support may be needed

The Caregiver Quality of Life Scale is to be used as a guideline only. The content of this scale is beyond the scope of veterinary practice and should not be interpreted as such. Please discuss any concerns with your personal healthcare provider if needed. If you are in distress and in need of immediate assistance, contact the Canadian Crisis Line at 1-833-456-4566, visit www.crisisservicescanada.ca, or dial 911.

QUESTIONS

Survey Date:

Physical Health: Are you neglecting your physical health? Are you lacking sufficient sleep, exercise, and a healthy diet? Is the physical care of your pet causing you challenges?

Emotional Health: Are you feeling overwhelmed or stressed? Are you feeling prolonged deep sadness and low moods that seem difficult to shake or soothe?

Time Management: Are you struggling to manage your time effectively between caregiving responsibilities and other aspects of your life? Are you neglecting to take time for yourself to recharge and relax? Have you stopped engaging in activities that promote self-care?

Social Support: Are you experiencing a lack of support from family, friends, or support groups? Are you facing challenges in finding someone you can talk to?

Financial Burden: Are the caregiving responsibilities causing a financial burden? Are you able to manage the cost of pet care and other expenses?

Personal Interests and Hobbies: Are you unable to pursue your personal interests and hobbies? Do you lack time for activities that bring you joy and fulfillment?

Coping Skills: Do you struggle with effective coping skills to manage the stress and emotions related to caregiving? Is it challenging for you to recognize and address caregiver burnout?

Human-Animal Bond: Are you struggling to provide the care and attention that your pet needs? Is the relationship you shared no longer fulfilling for both you and your pet?

Overall Well-being: Based on the above factors, how would you rate your overall well-being? Are you experiencing a decline in your quality of life, or are there areas that need improvement?

RATING SCALE

Strongly agree (All of the time) Agree (Most of the time) Neutral (Sometimes) Disagree (Occasionally) Strongly disagree (Never)

← Poor ————— Good →

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