



Caregiver Burnout Quiz & Next Step Plan

Find out if you're burning out—and what to do next!

Instructions: Answer honestly. Circle “Yes” or “No” for each.

I feel physically exhausted most days.

- Yes / No

I often ignore my own medical appointments or health needs.

- Yes / No

My sleep is regularly interrupted or I don't feel rested.

- Yes / No

I feel irritable, resentful, or overwhelmed more than once a week.

- Yes / No

I have back pain, body aches, or injuries from lifting/helping my loved one.

- Yes / No

I rarely get a full break or time away for myself.

- Yes / No

I feel guilty at the thought of asking for help or spending money on care.

- Yes / No

I've canceled work, social, or family plans because caregiving takes all my time.

- Yes / No

I feel like no one else can care for my loved one “the right way.”

- Yes / No

I sometimes think: *“I can't keep doing this.”*

- Yes / No

Scoring:

- **0–3 “Yes” answers:** Low Risk → Keep monitoring. Stay proactive.
- **4–6 “Yes” answers:** Moderate Risk → Start planning next steps now.
- **7–10 “Yes” answers:** High Risk → It's time to bring in help immediately.



Next Step Care Plan Checklist:

If you said “Yes” to any of these, here’s when to act:

- ☑ **Back or health pain from lifting/care tasks** → Time to explore professional support or equipment.
- ☑ **Tasks take more than 6–8 hours daily** → Call family to share duties or hire part-time help.
- ☑ **Interrupted sleep most nights** → Arrange respite care or overnight help, even once a week.
- ☑ **Skipping your own medical care** → Schedule YOUR doctor visit first – then decide what support you need.
- ☑ **Emotional burnout (irritability, guilt, overwhelm)** → Consider counseling or a caregiver support group.
- ☑ **Loved one’s needs are growing beyond your capacity** → Trigger your “next step” plan: bring in family rotation or paid caregiving.

Remember:

Spending money on caregiving help is not wasting money – **it’s investing in your health, your loved one’s care, and your ability to keep going.**

The \$0 option may cost you everything.

The \$10,000 option may save your health and your family.