

Self-Assessment Questionnaire: Is my health “at risk” because of caregiving?

Burden Scale for Family Caregivers-Short version (BSFC-s)				
Consider your present caregiving situation, the type of assistance you provide and responsibilities associated with the condition or illness of you family member or friend. For each item, select the number that best describes your present situation. Please answer all ten items!				
	Strongly Agree	Agree	Disagree	Strongly Disagree
1. My life satisfaction has suffered because of the care I give.	3	2	1	0
2. I often feel physically exhausted.	3	2	1	0
3. From time to time I wish I could “run away” from the situation I am in.	3	2	1	0
4. Sometimes I don’t really feel like “myself” as I did before.	3	2	1	0
5. Since I have been a caregiver my financial situation has been negatively affected.	3	2	1	0
6. My health is affected by the care situation.	3	2	1	0
7. The care I give takes a lot of my own strength.	3	2	1	0
8. I feel torn between the demands of my environment (such as family or work) and the demands of the care I give.	3	2	1	0
9. I am worried about my future because of the care I give.	3	2	1	0
10. My relationships with other family members, relatives, friends and acquaintances are suffering as a result of the care I give.	3	2	1	0
Scoring: Add-up the numbers you circled. To interpret your score, see the Scoring Guide.	My score is: _____			
Source: Graessel Berth <i>et al. BMC Geriatrics</i> 2014, 14:23 (open access) www.caregiver-burden.eu				

Burden Scale for Family Caregivers (BSFC-s) Scoring Guide

Scoring Guide: Use this guide to understand your scores, and to consider ways to protect your health.

A total score of 0-5 indicates that you are experiencing a few physical complaints, or none at all. Based on this score, your level of physical problems is in line with the general population. Your caregiving situation has not increased your risk for impaired health.

A total score of 6-14 indicates that you are experiencing a somewhat or moderately higher level of physical complaints. As a result of your caregiving situation, you are at increased risk for impaired health.

A total score of 15-30 indicates that you are experiencing a severe to very severe rise in physical complaints. Your caregiving situation has significantly increased your risk for impaired health.

Your scores can change over time; check yourself again in the future to remain aware of your situation.

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