

## *Appendix J: Caregiver Strain Assessment Tools*

The following tools, the Caregiver Strain Index (CSI) and the Self-Related Burden (SRB), are provided as examples of validated tools that can be used by nurses for assessing caregiver strain.

### Caregiver Strain Index (CSI)

Reproduced with permission. van Exel et al. (2004). Instruments for assessing the burden of informal caregiving for stroke patients in clinical practice: A comparison of CSI, CRA, SCQ and self-related burden. *Clinical Rehabilitation*, 18(2), 203-241.

Reference: Robinson, B. (1983). Validation of a caregiver strain index. *Journal of Gerontology*, 38(3), 344-348

I am going to read a list of things which other people have found to be difficult when helping out after somebody comes home from the hospital. Would you tell me whether any of these apply to you? (Give examples).

	Yes	No
Sleep is disturbed (e.g., because ____ is in and out of bed or wanders around at night).	_____	_____
It is inconvenient (e.g., because helping takes so much time or it's a long drive over to help).	_____	_____
It is a physical strain (e.g., because of lifting in and out of a chair; effort or concentration is required).	_____	_____
It is confining (e.g., because helping restricts free time or cannot go visiting).	_____	_____
There have been family adjustments (e.g., because helping has disturbed routine; there has been no privacy).	_____	_____
There have been changes in personal plans (e.g., because had to turn down a job; could not go on vacation).	_____	_____
There have been other demands on my time (e.g., from other family members).	_____	_____
There have been emotional adjustments (e.g., because of severe arguments).	_____	_____
Some behaviour is upsetting (e.g., because of incontinence, _____ has trouble remembering things; or ____ accuses people of taking things).	_____	_____
It is upsetting to find that ____ has changed so much from his/her former self (e.g., because he/she is a different person than he/she used to be).	_____	_____
There have been work adjustments (e.g., because of having to take time off).	_____	_____
It is a financial strain.	_____	_____
Feeling completely overwhelmed (e.g., because of worry about _____ ; concerns about how you will manage).	_____	_____

**TOTAL SCORE** (count yes responses)

Note: The informal caregiver has to indicate agreement to each statement on the yes/no scale. The sum score on the CSI ranges between 0 and 13. Higher scores indicate higher burden.