

Modified Caregiver Strain Index questionnaire

Here is a list of things that other carers have found difficult.

Please tick the answer that best applies to you. There are 13 questions. Please try and complete them all. We have included some examples to help you think about each item. Your situation might be different, but the item might still apply to you.

Your answers will help us to support you.

The MCSI is a validated method of measuring the stress that a carer is experiencing when looking after someone with a long-term condition. It is widely used by various organisations.

	Yes, often	Yes, sometimes	No
1. My sleep is disturbed e.g. the person I care for is in and out of bed or wanders at night	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Caregiving is inconvenient e.g. helping takes a lot of time or requires travel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Caregiving is a physical strain e.g. lifting, helping with mobility or constant attention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Caregiving is confining e.g. limits free time or the ability to socialise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Yes, often	Yes, sometimes	No
5. There have been family adjustments e.g. disrupted routines or loss of privacy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. There have been changes in personal plans e.g. missed holidays or job opportunities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. There have been other demands on my time e.g. other family members also need support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. There have been emotional adjustments e.g. arguments or emotional stress due to caregiving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Some behaviour is upsetting e.g. incontinence, memory loss, accusations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. It is upsetting to find the person I care for has changed so much e.g. personality or cognitive changes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. There have been work adjustments e.g. taking time off or working hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Caregiving is a financial strain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I feel completely overwhelmed e.g. constant worry or feeling unable to cope	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>