

## Caregiver Assessment Chart

Category	I...	Often	Sometimes	No, or not applicable to me or my family
SLEEPING	Wake up one or more times a night to help my cat into the litter box or clean up an accident			
	Wake up one or more times a night to comfort my cat			
THOUGHTS	Worry about my cat when I am not home			
	Have to frequently monitor my cat's activities or whereabouts			
	Find my cat's confusion or disorientation difficult to manage			
	Am worried my cat is suffering			
	Am unsure how to evaluate my cat's happiness			
	Am irritated by my cat's loud howling			
MANAGING MY CAT'S APPETITE, THIRST, MEDICATIONS, OTHER THERAPY	Have a hard time getting my cat to eat			
	Spend extra time preparing my cat's food			
	Am worried my cat is not eating enough			
	Am worried my cat is not drinking enough water			
	Struggle to give my cat medications			
	Have a hard time giving my cat subcutaneous fluids			
	Have a hard time giving my cat oxygen therapy			
	Have a hard time giving my cat physical therapy or massage			
MANAGING MY CAT'S CLEANLINESS AND APPEARANCE	Often have to clean up my cat's urine or fecal accidents			
	Have a hard time keeping my cat clean			
	Often have to clean up my cat's vomit			
	Have to restrict my cat to a certain area or limit access in my home			
	Have a hard time keeping my cat's resting or sleeping areas clean			
	Am worried that my cat looks sick			
	Have a hard time brushing my cat			
	Cannot handle the way my cat smells			
	Am embarrassed to have visitors because of my cat's appearance, odor, or behavior			

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<b>MOBILITY</b>	Have a hard time helping my cat get up on favorite spots			
	Have a hard time helping my cat use stairs			
	Am unable to play with my cat because of my cat's physical limitations			
<b>HOUSEHOLD</b>	Hear from others in my household who are angry with the cat			
	Have arguments about my cat's care with family or friends			
	Have to hide or quickly clean up my cat's accidents so others don't see them			
	Have to warn or protect other pets, family members or friends because my cat may bite or scratch them			
	Have a hard time making physical adjustments in the household to meet my cat's mobility or comfort needs			
	Have a hard time making schedule adjustments in the household to meet my cat's needs			
<b>THOUGHTS ABOUT CARING FOR MY CAT OVERALL</b>	Am stressed by the amount of care my cat needs			
	Feel overwhelmed by the amount of care my cat needs			
	No longer wish to be my cat's caregiver			
	Would like or need more emotional support from others in providing care for my cat			
	Would like or need more physical help from others in providing care for my cat			
	Am struggling with anticipatory grief (feel overly anxious or depressed about the time I have left with my cat)			
	Feel anger toward my cat			
	Feel guilt about my cat's condition			
	Am worried I will allow my cat to suffer			
	Need help determining when it is time to say goodbye to my cat			

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BUDGETS	Cannot financially care properly for my cat			
	Cannot physically care properly for my cat			
	Cannot take the amount of time needed to properly care for my cat			
	Cannot emotionally care properly for my cat			

Total Assessment Factors	
Enter the total from the 'Often' column	
Halve the total from the Sometimes column. For example, if you answered "Sometimes" 7 times, then enter 3.5.	
Add the value from the 'Often' column and the one-half value from the 'Sometimes' column. This is the total negative life quality score.	
<p><b>The strain of caring for your pet is highly subjective. What one person can handle and what another can manage can be completely different. There is no 'wrong' way to feel. I believe it is good to ask yourself all of the questions above to honestly assess the different stressors you are dealing with—and maybe seek help with caregiving to help lighten the burden.</b></p> <p><b>Below was my personal scoring system when managing my own cat's terminal illness. It may be helpful to you.</b></p>	
Caregiver Assessment	# of 'Negative Points'
You're managing your cat's ailments well. Consider talking with your veterinarian for additional suggestions that may make your cat's ailments easier to manage.	up to 10 points
The strain of caring for your cat may be negatively affecting your life quality. Make sure your cat is receiving medical attention so that ailments are managed appropriately. Look into ways to get help and take care of yourself.	11 - 20 points
Caring for your cat is negatively affecting your life quality. Remember, it's OK to be frustrated, sad, angry, confused, and a myriad of other emotions. It's also OK to consider end-of-life decisions for your cat, because their life quality is probably also quite diminished.	21 - 30 points
Consider euthanasia or palliative supported natural passing for your cat.	over 30 points