

Caregiver Assessment Chart(s)

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

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MOBILITY	Have a hard time helping my dog get up			
	Have a hard time helping my dog use stairs			
	Cannot get my dog into or out of the car easily			
	Am unable to run or walk with my dog because of my dog's limitations			
	Am unable to play with my dog because of my dog's limitations			
HOUSEHOLD	Hear from others in my household who are angry with the dog			
	Have arguments about my dog's care with family or friends			
	Have to hide or quickly clean up my dog's accidents so others don't see them			
	Am irritated by my dog's loud panting			
	Have to warn or protect other pets, family members or friends because my dog may bite them			
	Have a hard time making physical adjustments in the household to meet my dog's mobility or comfort needs			
	Have a hard time making schedule adjustments in the household to meet my dog's needs			
CAREGIVING	Am stressed with the amount of care my dog needs			
	Feel overwhelmed by the amount of care my dog needs			
	No longer wish be my dog's caregiver			
	Would like or need more emotional support from others in providing care for my dog			
	Would like or need more physical help from others in providing care for my dog			
	Am struggling with anticipatory grief (feel overly anxious or depressed about the time I have left with my dog)			
	Feel anger toward my dog			
	Feel guilt about my dog's condition			
	Am worried I will allow my dog to suffer			
Need help determining when is time to say goodbye to my dog				

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

Total Assessment Factors	
Enter the total from the Yes 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 'Yes' column and the one-half value from the 'Sometimes' column. This is the total negative life quality score.	

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.

Below was my personal scoring system when managing my own dog's terminal illness. It may be helpful to you.

Caregiver Assessment	# of 'Negative Points'
You're managing your pet's ailments well. Consider talking with your veterinarian for additional suggestions that may make your pet's ailments easier to manage.	up to 10 points
The strain of caring for your pet may be negatively affecting your life quality. Make sure your pet 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 dog 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 dog, because their life quality is probably also quite diminished.	21 - 30 points
The burden you are feeling is considerable. Your dog's quality of life may also be poor. Consider end of life or palliative supported natural passing for your dog.	over 30 points