

Carer's Assessment Of Difficulties Index (CADI)

Below are some statements which carers have made about the difficulties they face. Please read each statement and show if it applies to you by circling the appropriate number in Column A. For each statement which sometimes or always applies to you, please show how stressful you find it by circling the appropriate number in Column B.

Ratings

Column A

This statement

- Never applies to me - 1
- Sometimes applies to me - 2
- Always applies to me - 3

Column B

I Find this aspect of caring

- Not stressful - 1
- Moderately stressful - 2
- Very stressful - 3

1. I don't have enough private time for myself.
2. I sometimes feel helpless/not in control of the situation.
3. I can't devote enough time to other family members.
4. It causes financial difficulties.
5. The person I care for sometimes manipulates me.
6. The person I care for is immobile/has problems in getting around.
7. Professional workers don't seem to appreciate the problems carers face.
8. It restricts your social life/outside interest.
9. It can put a strain on family relationships.
10. It is physically tiring.
11. The person I care for can demand too much of me.

12. I no longer have a meaningful relationship with the person I care for.
13. The person I care for needs a lot of help with personal care.
14. The person I care for doesn't always help as much as they could.
15. My sleep is affected.
16. Relatives don't keep in touch as often as I'd like.
17. I feel angry about the situation.
18. I can't see friends as often as I'd like.
19. My emotional well-being suffers.
20. I can't have a break or take a holiday.
21. My standard of living has fallen.
22. The person I care for doesn't always appreciate what I do.
23. My physical health has suffered.
24. The person I care for is incontinent.
25. The behaviour of the person I care for is a problem.
26. There is no satisfaction to be gained from caring.
27. I don't get enough help from the health and social services.
28. Some family members don't help as much as they could.
29. I can't relax because of worry about caring.
30. I feel guilty about the situation.