

Carer's Assessment Of Managing Index (CAMI)

Ratings:

4. Very Helpful
3. Quite helpful
2. Not really helpful
1. I don't use this

Managing Events/Problem Solving

(Please circle the number that best describes your experience)

- | | | | | | |
|-----|---|---|---|---|---|
| 1. | Finding out as much information as you can about the problem. | 1 | 2 | 3 | 4 |
| 2. | Getting as much help as you can from professionals and other service providers. | 1 | 2 | 3 | 4 |
| 3. | Talking over your problems with someone you trust. | 1 | 2 | 3 | 4 |
| 4. | Relying on your own experience and the expertise you have built up. | 1 | 2 | 3 | 4 |
| 5. | Keeping one step ahead of things by planning in advance. | 1 | 2 | 3 | 4 |
| 6. | Establishing a regular routine and sticking to it. | 1 | 2 | 3 | 4 |
| 7. | Establishing priorities and concentrating on them. | 1 | 2 | 3 | 4 |
| 8. | Thinking about the problem and finding a way to overcome it. | 1 | 2 | 3 | 4 |
| 9. | Altering your home environment to make things as easy as possible. | 1 | 2 | 3 | 4 |
| 10. | Keeping the person you care for as active as possible. | 1 | 2 | 3 | 4 |
| 11. | Trying out a number of solutions until you find one that works. | 1 | 2 | 3 | 4 |
| 12. | Preventing problems before they happen. | 1 | 2 | 3 | 4 |
| 13. | Getting as much practical help as you can from your family. | 1 | 2 | 3 | 4 |
| 14. | Being firm and pointing out to the person you care for what you expect of them. | 1 | 2 | 3 | 4 |