



## Scoring of the Modified Caregiver Strain Index: The Peters Family

Online-only content for “Helping Those Who Help Others” by Lisa L. Onega, PhD, APRN, BC, GNP, CNS, in the American Journal of Nursing, September 2008, p. 62-69.

Item	Husband Sebastian Peters	Daughter Libby Carlson	Daughter Brenda Hoffmann	Son Jim Peters
My sleep is disturbed.	2	1	1	1
Caregiving is inconvenient.	2	2	1	1
Caregiving is a physical strain.	2	2	1	1
Caregiving is confining.	2	2	1	1
There have been family adjustments.	2	2	1	1
There have been changes in personal plans.	1	1	1	1
There have been other demands on my time.	2	1	1	1
There have been emotional adjustments.	2	2	2	1
Some behavior is upsetting.	2	2	2	2
It is upsetting to find the person I care for has changed so much from his/her former self.	2	2	2	2
There have been work adjustments.	0	0	1	1
Caregiving is a financial strain.	2	1	0	0
I feel completely overwhelmed.	1	2	1	0
<b>Total</b>	<b>22</b>	<b>20</b>	<b>15</b>	<b>13</b>