

The Zarit Burden Interview

- 0: NEVER
- 1: RARELY
- 2: SOMETIMES
- 3: QUITE FREQUENTLY
- 4: NEARLY ALWAYS

Please circle the response the best describes how you feel.

Question	Score
1 Do you feel that your relative asks for more help than he/she needs?	0 1 2 3 <u>4</u> -
2 Do you feel that because of the time you spend with your relative that you don't have enough time for yourself?	0 1 2 <u>3</u> 4 -
3 Do you feel stressed between caring for your relative and trying to meet other responsibilities for your family or work?	0 1 2 <u>3</u> 4 -
4 Do you feel embarrassed over your relative's behaviour?	0 <u>1</u> 2 3 4 -
5 Do you feel angry when you are around your relative?	<u>0</u> 1 2 3 4 -
6 Do you feel that your relative currently affects our relationships with other family members or friends in a negative way?	0 <u>1</u> 2 3 4 -
7 Are you afraid what the future holds for your relative?	0 1 2 3 <u>4</u> -
8 Do you feel your relative is dependent on you?	0 1 2 3 <u>4</u> -
9 Do you feel strained when you are around your relative?	0 1 2 <u>3</u> 4 -
10 Do you feel your health has suffered because of your involvement with your relative?	0 1 2 <u>3</u> 4 -
11 Do you feel that you don't have as much privacy as you would like because of your relative?	0 1 2 <u>3</u> 4 -
12 Do you feel that your social life has suffered because you are caring for your relative?	0 1 2 <u>3</u> 4 -

Question	Score
13 Do you feel uncomfortable about having friends over because of your relative?	0 1 (2) 3 4
14 Do you feel that your relative seems to expect you to take care of him/her as if you were the only one he/she could depend on?	0 1 2 3 (4)
15 Do you feel that you don't have enough money to take care of your relative in addition to the rest of your expenses?	0 1 2 (3) 4
16 Do you feel that you will be unable to take care of your relative much longer?	0 1 (2) 3 4
17 Do you feel you have lost control of your life since your relative's illness?	0 1 (2) 3 4
18 Do you wish you could leave the care of your relative to someone else?	0 1 (2) 3 4
19 Do you feel uncertain about what to do about your relative?	0 1 (3) 3 4
20 Do you feel you should be doing more for your relative?	0 1 (2) 3 4
21 Do you feel you could do a better job in caring for your relative?	0 1 (2) 3 4
22 Overall, how burdened do you feel in caring for your relative?	0 1 2 (3) 4

= 56

Interpretation of Score:

- 0 - 21 little or no burden
- 21 - 40 mild to moderate burden
- (41 - 60 moderate to severe burden)
- 61 - 88 severe burden

Patient last name:
 Patient first name:

Date of birth: / /
 Date: / /

Formal Caregiver Interview 1

The Zarit Burden Interview Score: 56

GPS Tracking

- Caretaker should be able to check the patients location at any time
- Have some information of the patient on screen
- Basic GPS
 - o Burden goes down

Security

- Information should stay in family and chosen carefully
- Information to be on the app should be made by primary contact
- Kids being able to see sensitive info depends on the age.
- Any member can lose their phone
 - o Burden goes down, depending on the information that's present

Memory Prompting

- Trying to clarify what you want
- Trying to correct mistakes
 - o Burden goes down

Patient page ability

- Only if the person is in early stages of Alzheimer's
- Feature should be able to turn on and off
 - o Burden goes up

Reminders

- For reminding patients and caretakers on what they need to do
- Reminders should come with a picture specifically
- Reminders should be read out by phone for patient specifically
 - o Burden goes down

Journal

- Does not see it being useful for the patient
- More for the caretaker so they can use it more as data
- Jotting down behaviours and triggers
- Writing down the patients habits
 - o No change in burden

Panic Button

- Only for caretaker
- Not for patient
 - o Burden goes up

Specialized checklist

- Sees it like a schedule for the patient
- Things they need to do throughout the day
 - o No change in burden

Brain game

- Have drawing
- Puzzles
- Crosswords
- Exercise?
- Have calming music in the background
- Lots of pictures on patients life
 - o Burden goes down

Information Portal

- Lots of links
- Videos
- Numbers where caretaker can call for help
- Show medical advancements in field
- Latest update
- Include the Alzheimer's website
- Stories of other people in the same situation
 - o No change in burden

Extra

- Security is important with an app like this
- Confidentiality
- Show lots of happy moments from the clients life
- Help with accepting their situation
- Tips on how the caregiver can take of themselves. Stay healthy themselves physically and mentally