

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 <u>3</u> 4
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?	<u>0</u> 1 2 3 4
5 Do you feel angry when you are around your relative?	0 <u>1</u> 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 1 <u>2</u> 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 <u>2</u> 3 4
10 Do you feel your health has suffered because of your involvement with your relative?	0 <u>1</u> 2 3 4
11 Do you feel that you don't have as much privacy as you would like because of your relative?	0 <u>1</u> 2 3 4
12 Do you feel that your social life has suffered because you are caring for your relative?	0 1 <u>2</u> 3 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 2 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

= 51

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-2 Interview

The Zarit Burden Interview Score: 51

GPS Tracking

- Normal GPS tracking
 - o Lower Burden a little

Security

- Very important
- Careful to how has access to the patients location
- If immediate family can help maybe someone else can
 - o Burden stays the same

Memory Prompt

- Help find what they want with lots of pictures
 - o Burden goes down

Patient Page ability

- Patient paging
- Helps because any contact between them is good
 - o Lower burden

Reminders

- Reminders with pictures
- But more for the caretaker then the patient
 - o Burden would go down

Journal

- Look at the times the patient has been in a down mood or high mood
- Both for the caretaker and the patient
- Keep the patient in the loop by showing them what they have been doing
 - o Burden goes down

Panic Button

- Very stressful
- Would much rather have the patient paging ability
 - o Burden goes up

Specialized checklist

- Things to do
- To keep track what the patient can do and can't do or what they could and can't do now
 - o No change in burden

Brain Games

- Use lots of numbers
- Puzzles
- Matching
- Crosswords
 - Burden would go down

Information portal

- Good idea
 - Burden does not change

Extra

- Having a portal of basic information on the patient
 - Their likes and dislikes
 - What changes their mood

Things they often forget and remember