



Occupational
Therapy
Family Services LLC

CAREGIVER STRESS CHECKLIST

- I feel like I have little control over my child's diagnosis
- I am totally responsible for keeping our household in order
- I feel completely responsible for my child's health and wellbeing
- Financial discussions and/or decisions cause me to feel anxious
- My child has been verbally or physically abusive to me or others
- I have difficulty dealing with my child's behaviors
- I feel alone or do not feel I have any support
- I resent family or friends that can not or will not help with caregiving my child.
- I do not have any respite services
- I feel anxiety in public when I am with my child
- We stay in the house most of the time
- I do not have any outside activities that does not involve my child.

If you feel overwhelmed or need more support due to this checklist, please seek the help of a licensed mental health professional. Caregiver stress can lead to long term physical and mental health issues if not addressed