Pre-BBC Workshop

Name: _____

WORKSHEET 1: Care Partner Self-Assessment Worksheet

Rate the following statements according to how closely they apply to you. Add all the numbers you have selected and enter the total into the Total Score section.

Rating Scale: 1 = Almost Always, 2 = Frequently, 3 = Occasionally, 4 = Rarely, 5 = Never

#	Statement	Rating
1	I exercise on a regular basis.	1 2 3 4 5
2	I make and keep preventive health appointments.	1 2 3 4 5
3	I have a job or activity that is personally gratifying.	1 2 3 4 5
4	I do not use tobacco products.	1 2 3 4 5
5	I do not consume alcohol or use drugs.	1 2 3 4 5
6	I get an adequate amount of sleep each night.	1 2 3 4 5
7	I have hobbies or recreational activities I enjoy.	1 2 3 4 5
8	I eat at least three balanced meals a day.	1 2 3 4 5
9	I have at least one person in whom I can confide.	1 2 3 4 5
10	I take time to do things that are important to me.	1 2 3 4 5
11	I am optimistic and have a healthy outlook on life.	1 2 3 4 5
12	I have personal goals and take steps to achieve them.	1 2 3 4 5

TOTAL SCORE: _____

Assessment Results

12–24: You are doing very well at taking care of yourself.

25–36: You have room for improvement. Assess where you experience challenges and seek help from family, friends or a professional and make changes.

37–48: You are unsuccessful in caring for yourself and at moderate risk of personal health problems. Talk to a healthcare provider or others who can help you formulate and enforce a self-care plan.

48–60: You are at an extremely high risk for personal health problems. It is vital that you speak to a healthcare provider as soon as possible. Stay focused on the fact that you must stay healthy to provide proper care for the care recipient.

Adapted from Caring and Coping, A Caregiver's Guide to Parkinson's Disease, published by the Parkinson's Foundation, 2016.

Post-BBC Workshop

Name: _____

WORKSHEET 1: Care Partner Self-Assessment Worksheet

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