

UW Caregiver Benefit Scale 8-Item Short Form V. 1.0 ©

Instructions: Please choose the response that best describes how you **usually** feel about caregiving. By caregiving we mean taking care of your child or children under 18 years -- that is providing help and support (typically unpaid and typically by a parent or guardian who is related to the child) for their physical, psychological, or developmental needs.

	Not at All	A little bit	Some-what	Quite a bit	Very much
1. How much does caregiving help you appreciate what is important in life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. How much does caregiving help you find new strengths in yourself?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you a better advocate for your child/children because of caregiving?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. How much do you feel caregiving has made you a better person?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. How much do you feel that caregiving has helped you put life in perspective?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. How much does caregiving help you become a more patient person?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. How much do you feel that caregiving has made you a stronger person?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Never	Rarely	Some-times	Often	Always
8. How often does caregiving make you feel closer to other adults who are important to you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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