



# Self-Efficacy for Caregiving

. For each of the following questions, please **circle** the number that corresponds with **how sure** you are that you can do the tasks regularly **at the present time**.

1. How sure or confident are you that you can ask a friend/family member to stay with your care partner for a day when you need to run errands or see the doctor yourself?	Not at all confident 1 2 3 4 5 6 7 8 9 10 Totally confident
2. How sure or confident are you that you can stop yourself from thinking about unpleasant aspects of taking care of your care partner?	Not at all confident 1 2 3 4 5 6 7 8 9 10 Totally confident
3. How sure or confident are you that you can stop yourself from worrying about future problems that might come up with your care partner?	Not at all confident 1 2 3 4 5 6 7 8 9 10 Totally confident
4. How sure or confident are you that you can cope with unexpected or new situations that may come up with your care partner?	Not at all confident 1 2 3 4 5 6 7 8 9 10 Totally confident
5. How sure or confident are you that you can do the things necessary to keep your stress under control?	Not at all confident 1 2 3 4 5 6 7 8 9 10 Totally confident
6. How sure or confident are you that you can do the things necessary to take care of your own health?	Not at all confident 1 2 3 4 5 6 7 8 9 10 Totally confident
7. How sure or confident are you that you can find resources in the community (meals, legal, supports groups, etc.) that can help you take care of yourself and your care partner?	Not at all confident 1 2 3 4 5 6 7 8 9 10 Totally confident
8. How sure or confident are you that you can sometimes prevent your care partner from becoming angry or disruptive?	Not at all confident 1 2 3 4 5 6 7 8 9 10 Totally confident

Now for each question you scored yourself less than 7 ask yourself-  
What would help me feel more confident in carrying out that task?  
What was the reason you didn't score lower than the number you circled?  
Which of the areas would you like to change?

Use these prompts to think about what you may want to look into further

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## **Source of Psychometric Data**

Philip L Ritter, PhD, Khushboo Sheth, MD, Anita L Stewart, PhD, Dolores Gallagher-Thompson, PhD, Kate Lorig, DrPH. (2020) **Development and Evaluation of the Eight-Item Caregiver Self-Efficacy Scale (CSES-8)**, *The Gerontologist*, gnaa174, <https://doi.org/10.1093/geront/gnaa174>

## **Comments**

For internet studies, we add radio buttons below each number.

## **References**

Lorig, K., Ritter, P. L., Laurent, D. D., & Yank, V. (2019). **Building better caregivers: A pragmatic 12-month trial of a community-based workshop for caregivers of cognitively impaired adults**. *Journal of Applied Gerontology*, 38(9), 1228-1252.

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