



COMPASS Pulse – Family Caregiver Burnout Self-Assessment

A quick check-in for family and informal caregivers to protect your well-being.

How to Use

For each statement below, circle the number that best matches your experience during the past two weeks:

1 = Never | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Almost Always

#	Statement	1	2	3	4	5
1	I feel physically exhausted from caregiving.					
2	I feel emotionally drained or overwhelmed.					
3	I have little time for myself or my personal activities.					
4	I feel irritated or short-tempered with others.					
5	I find it difficult to concentrate or make decisions.					
6	I have less interest or pleasure in activities I used to enjoy.					
7	I feel hopeless or helpless about my caregiving role.					
8	I feel isolated or lonely due to caregiving responsibilities.					
9	I am concerned about my own health declining.					
10	I feel resentful or frustrated about my caregiving duties.					
11	I find it hard to balance caregiving with other parts of my life.					
12	I feel unsupported or that I lack help when needed.					
14	I sometimes feel I'm failing to provide adequate care.					
15	I avoid social interactions because of my caregiving stress.					



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Scoring and score interpretation

- Add up all circled numbers for your total score (range: 15–75).

Total Score	Burnout Level	What It Means
15–30	Low	You’re managing well, but keep monitoring and take time for self-care
31–50	Medium	Consider reaching out for support and making stress-reducing changes; monitor your well-being
51–70	High	Seek help from professionals, support groups, or respite care to protect your health and reduce burnout

Quick Action Steps

Category	Questions	Solutions and strategies
Physical mental fatigue	1, 5, 9	Take regular breaks and make time for activities you enjoy Ask friends or family for help when you need it. Check out Joy Thru Tears to learn about Caregiver Retreats!
Emotional strain	2,4,6,7,10	Join the COMPASS Connect caregiver support group Learn about the COMPASS professionals, service providers, and products to help support you on your journey.
Social isolation & relationship management	3, 8, 11, 12, 15	Practice self-care such as mindfulness, exercise, or relaxation using our variety of free The Care Partners Project 3-month planner
Self-doubt & role strain	14	Join the COMPASS Connect caregiver support group Let the Dementia Home Care Guide help you navigate the uncertainty



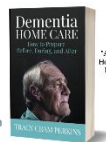
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COMPASS provides a wide range of services, products, supportive coaches, and complimentary items to help your caregiving journey!

Be sure to check out all of our complimentary COMPASS resources!

- 1) The Caregiver Vow
- 2) Caregiver reframing tools
- 3) Grit and Grace companion guide
- 4) Sleep hygiene checklist – great for both caregiver and patient
- 5) Gratitude jar
- 6) Gratitude journal
- 7) Readiness checklist
- 8) Serenity-to-go!
- 9) Monthly mood tracker
- 10) The Daily DOSE
- 11) Affirmation Calendar
- 12) Transitions “Life’s Transitions” toolkit
- 13) Think, feel, can, do
- 14) Island Living
- 15) Stress management checklist
- 16) Transitions series (Parts I, II, and III)
- 17) All is well poem
- 18) Guided meditations
- 19) A year of self-care calendar

Don’t forget about our sponsors and their great work all supporting caregivers:



*A truly practical book from an experienced Dementia Home Care specialist that will help you and your family navigate the challenges of living with dementia.



Care Partners Project