

Powerful Tools for Caregivers

We want to know how well Powerful Tools for Caregivers works. We are asking you to answer the following questions about what you may have learned from participating in the Powerful Tools for Caregivers program. It should take about 10 minutes of your time to complete the evaluation. Your answers will be anonymous and will not be identified in any way. This means that no one will know how you have answered any of the questions. Answering the questions means you have agreed to participate in this evaluation. You do not have to fill out this evaluation—if you decide not to fill it out, it will not affect your participation in future MSU Extension programs. If you have any questions about this evaluation, please contact Sandy Bailey at (406) 994-6745; baileys@montana.edu

Back... before I participated in Powerful Tools for Caregivers, I was able to...					Now...after I have participated in Powerful Tools for Caregivers, I am able to			
Circle one number for each statement					Circle one number for each statement			
Strongly Disagree	Disagree	Agree	Strongly Agree		Strongly Disagree	Disagree	Agree	Strongly Agree
1	2	3	4	1. Feel confident in asking for help with the tasks I need for caregiving such as shopping, cooking, cleaning, or transportation.	1	2	3	4
1	2	3	4	2. Understand that my emotions are a normal response to caregiving.	1	2	3	4
1	2	3	4	3. Find ways to take care of my own health.	1	2	3	4
1	2	3	4	4. Assert myself with others to get my needs met.	1	2	3	4
1	2	3	4	5. Take time for myself without feeling guilty.	1	2	3	4
1	2	3	4	6. Have confidence in my ability as a caregiver.	1	2	3	4
1	2	3	4	7. Have an identity outside of being a caregiver.	1	2	3	4
1	2	3	4	8. Do something to make myself feel better when I am feeling discouraged.	1	2	3	4
1	2	3	4	9. Find positive ways to cope with the stress of caregiving.	1	2	3	4
1	2	3	4	10. Be more positive about my role as a caregiver.	1	2	3	4
1	2	3	4	11. Find caregiving resources available in my area.	1	2	3	4
1	2	3	4	12. Make decisions related to caregiving.	1	2	3	4

Tell us about yourself. (Check one response for each question.)

1. My age falls in the following group:

- younger than age 30
- 31-40
- 41-50
- 51-60
- 61-70
- 71 years and older

2. I am:

- female
- male

3. I have been a caregiver for:

_____years

4. My current home is:

- a rural area
- a suburban area/small town
- an urban area

5. I am currently:

- divorced/separated
- single/never married
- married/living with a partner
- widowed

6. I would describe myself as:

- Hispanic
- Non Hispanic
- White-Caucasian
- Black-African American
- Native Hawaiian or Other Pacific Islander
- Asian
- American Indian-Alaskan Native
- Other

7. I am caregiving for:

- my spouse/partner
- my parent(s)
- a friend/neighbor
- a sibling
- other; specify _____

8. I plan to use the following tools:

- Action Plans
- Positive Self-Talk
- Relaxation Tools
- "I" Messages
- Assertive Communication: DESC
- Aikido Communication Style
- Family Meeting
- Long-Range Goal Setting
- Other _____

1. The most important thing you have gained from attending Powerful Tools for Caregivers is...

2. The one thing, if anything, you would change about Powerful Tools for Caregivers is...

3. Would you recommend the series to someone else? Why or why not?

4. Other comments you would like to make. . .