

## 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.

| Now...after I have participated in Powerful Tools for Caregivers, I am able to... |          |       |                |   | Back...before I participated in Powerful Tools for Caregivers, I was 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

**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

**3. I have been a caregiver for:**

\_\_\_\_\_ years

**6. I would describe myself as:**

- African American
- American Indian
- Asian American
- Hispanic
- White/Caucasian
- Racially mixed

**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 this series to someone else? Why or why not?

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