



Caregiver Support Survey

At Lake Country Health, we recognize the vital role that family members and friends play in caregiving. This short survey will help us better understand the support caregivers provide to care recipients.

We also report the anonymous data to United Way of BC, which helps the Ministry of Health understand the vital role caregivers play across the province.

Thank you for taking the time to share your experience.

Activities of Daily Living (ADLs)

Activities of Daily Living are the basic self-care tasks that individuals perform to maintain their physical and mental well-being. The degree of support can vary from reminders or guidance to full assistance with the activity. Please check all types of support you provide.

- ☐ **Mobility in bed** – I assist the person I care for with moving their body while lying in bed, including changing positions, rolling, scooting, and moving between lying and sitting.
- ☐ **Transfer** – I assist the person I care for with transferring from one position to another, such as getting in and out of bed or a chair.
- ☐ **Mobility in home** – I assist the person I care for with walking, using stairs, transferring, or using mobility aids within the home.
- ☐ **Mobility outside of home** – I assist the person I care for with walking, using stairs, transferring, or using mobility aids outside the home.
- ☐ **Dressing** – I assist the person I care for with selecting, putting on, removing, or adjusting clothing or footwear.
- ☐ **Eating** – I assist the person I care for with eating and drinking safely, including using utensils or providing encouragement or supervision during meals.
- ☐ **Toilet use** – I assist the person I care for with safely accessing and using the toilet, including transfers, adaptive equipment, cueing, and hygiene after toileting.

☐ **Bladder / bowel care** – I assist the person I care for with continence supports such as incontinence products or scheduled toileting routines.

☐ **Personal hygiene** – I assist the person I care for with daily grooming tasks such as oral care, hair care, shaving, or nail care.

☐ **Bathing** – I assist the person I care for with bathing, including showering, tub bathing, or bed bathing.

Other personal care support

Instrumental Activities of Daily Living (IADLs)

Instrumental Activities of Daily Living are tasks that require more complex thinking and organizational skills to manage daily life. Examples include preparing meals, managing finances, transportation, shopping, and medications. Please check all types of support you provide.

☐ **Meal preparation** – I assist with planning, preparing, or accessing meals.

☐ **Housework** – I assist with maintaining a safe and clean home environment, including light cleaning or laundry.

☐ **Managing finances** – I assist with organizing or understanding financial matters such as reviewing bills or budgeting.

☐ **Managing medications** – I assist with medication routines such as reminders or organizing medications.

☐ **Shopping** – I assist with obtaining groceries or essential household items.

☐ **Transportation** – I assist with transportation to appointments, community services, or social activities.

☐ **Substance use management** – I assist with safety or wellness planning related to substance use.

Caregiving Time Commitment

How many days per week on average do you spend providing caregiving?

☐ 1–2 days

- ☐ 3–4 days
- ☐ 5–6 days
- ☐ 7 days
- ☐ Prefer not to disclose

How many hours per day do you spend on caregiving?

- ☐ 1–3 hours
- ☐ 4–6 hours
- ☐ 7–10 hours
- ☐ Over 10 hours
- ☐ Prefer not to disclose