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## **Caregiver Self Assessment Questionnaire**

The [Caregiver Health Self Assessment Questionnaire](#) was originally developed and tested by the American Medical Association.

The questionnaire can help caregivers look at their own behavior and health risks. With their healthcare provider's help, this questionnaire can also help caregivers make decisions that may benefit both the caregiver and the older person.

In turn, the questionnaire can help healthcare providers to identify and provide preventive services to an at-risk population that may be hidden. It may also improve communication and enhance the healthcare provider-caregiver health partnership.

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**HealthinAging.org** was created by the American Geriatrics Society's Health in Aging Foundation to provide consumers and caregivers with up-to-date information on health and aging.

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