We would like to form an impression of your caregiving situation.
Please tick a box to indicate which description best fits your caregiving situation at the moment.

*Please tick only one box per description: ‘no’, ‘some’ or ‘a lot of’.*

### a. I have
- **no**
- **some**
- **a lot of**

fulfilment from carrying out my care tasks.

### b. I have
- **no**
- **some**
- **a lot of**

relational problems with the care receiver (e.g., he/she is very demanding or he/she behaves differently; we have communication problems).

### c. I have
- **no**
- **some**
- **a lot of**

problems with my own mental health (e.g., stress, fear, gloominess, depression, concern about the future).

### d. I have
- **no**
- **some**
- **a lot of**

problems combining my care tasks with my daily activities (e.g., household activities, work, study, family and leisure activities).

### e. I have
- **no**
- **some**
- **a lot of**

financial problems because of my care tasks.

### f. I have
- **no**
- **some**
- **a lot of**

support with carrying out my care tasks, when I need it (e.g., from family, friends, neighbours, acquaintances).

### g. I have
- **no**
- **some**
- **a lot of**

problems with my own physical health (e.g., more often sick, tiredness, physical stress).

---

### CarerQol-VAS

How happy do you feel at the moment?

*Please place a mark on the scale below that indicates how happy you feel at the moment.*

<table>
<thead>
<tr>
<th>completely unhappy</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th>completely happy</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
</tbody>
</table>