

Caregiver Assessment of Behavioral Skill Self-Report

How likely is each statement to be true in your situation?	Seldom True	True some of the time	True most of the time	Not relevant
1. When my relative has trouble remembering things that just happened, I tell him/her it is “okay.”				
2. If my relative becomes upset, I know how to calm him/her.				
3. If my relative wanders around during the night, I make sure s/he cannot get out of the house.				
4. If my relative seems to be feeling sad or hopeless, I get some old pictures out and talk about some of the good times in his/her life.				
5. If my relative accuses me or others of taking or hiding something, I “gently” change the subject.				
6. When bathing my relative, I ask him/her to help me.				
7. When my relative repeatedly forgets what day it is, I start talking about something else.				
8. When my relative talks loudly or rapidly, I remind myself that “it’s me who has to change.”				
9. If my relative strikes out at me when I take him/her to the bathroom, I try to take it one step at a time.				
10. If my relative seems to be feeling lonely, I try to find something s/he enjoys doing.				
11. Whenever possible, my relative’s bath/shower becomes one of our activities for the day.				
12. When my relative has difficulty concentrating on a task, I tell him/her to pay more attention.				
13. If my relative asks the same question over and over, I tell him/her that s/he just asked that question.				
14. If my relative just sits and doesn’t do anything, I tell him/her to “snap out of it.”				
15. If my relative says s/he would be better off dead, I tell him/her not to talk like that.				
16. If my relative accuses me of hiding something, I argue with him/her.				
17. If my relative destroys property, I restrain him/her.				

Scoring:

0=seldom true, 1=true some of the time, 2=true most of the time

“Not relevant” responses are not included in scoring.

Items 11-17 are reverse-scored.

Scores may range from 0-34. Higher scores indicate greater behavioral skill.