



Date	Code	Counselor
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Resilience and Strain Questionnaire for Caregivers (RESQ-CARE)

– Evaluation –

1. For orientation, evaluate the sociodemographic characteristics of the family caregiver

	No	Yes
Female gender	<input type="radio"/>	<input type="radio"/>
Low educational attainment	<input type="radio"/>	<input type="radio"/>
Co-residence with person in need of care	<input type="radio"/>	<input type="radio"/>
More than 21 hours/week spent on caregiving	<input type="radio"/>	<input type="radio"/>
Does the total of YES answers amount to 4?	<input type="radio"/>	<input type="radio"/>

If all four criteria are present, the family caregiver belongs to a special risk group.

2. Assign the following scores to the answers

Strongly agree	Agree	Disagree	Strongly disagree
3	2	1	0

To do so, you can use the original questionnaire and note the respective scores next to the answers.

3. For each scale, check whether the following rule is fulfilled

Scale	Rule	Rule fulfilled?	
1. My inner attitude	Strongly disagree or Disagree to at least 2 questions	<input type="radio"/> Yes	<input type="radio"/> No
2. My sources of energy	Strongly disagree or Disagree to at least 2 questions	<input type="radio"/> Yes	<input type="radio"/> No
3. Difficulties in managing the person I care for	Strongly agree or Agree to at least 2 questions	<input type="radio"/> Yes	<input type="radio"/> No
4. General challenges	Strongly agree or Agree to at least 2 questions	<input type="radio"/> Yes	<input type="radio"/> No





If, for 3., at least 2 questions on the resilience scales were answered with Strongly disagree or Disagree and/or at least 2 questions on the stress scales were answered with Strongly agree or Agree, the counseling themes corresponding to the scale should be suggested.

If, for 1., all questions were answered with Yes, counseling should be offered even if the aforementioned cut-off scores were narrowly missed (see manual).

4. Identify the counseling themes

Scale	Counseling themes	Recommendation
1. My inner attitude	Self-care	<input type="radio"/>
	Stress management	<input type="radio"/>
	Problem-solving training	<input type="radio"/>
2. My sources of energy	Possibilities to relieve burden (e.g., day care, in-home care)	<input type="radio"/>
	Self-help groups	<input type="radio"/>
	Self-care	<input type="radio"/>
3. Difficulties in managing the person I care for	Psychoeducation	<input type="radio"/>
	Psychoeducation on challenging behavior	<input type="radio"/>
	Refer person in need of care to specialist physician	<input type="radio"/>
	Self-help groups	<input type="radio"/>
4. General challenges	Aspects of social welfare law (possibly debt counseling)	<input type="radio"/>
	Medical/psychiatric/psychotherapeutic assessment/diagnosis of the family caregiver	<input type="radio"/>

5. Transfer the scores for the individual answers to the Excel sheet to obtain a visual evaluation of the questionnaire

Example of visual evaluation

