

Carer's Assessment Of Satisfaction Index (CASI)

Caring is often a difficult and stressful task but for many carers there are also moments of personal satisfaction.

On the following pages are some statements which carers have made about those aspects of caring that they find satisfying. Please read each statement and then indicate how it applies to you.

Ratings:

- X This doesn't tend to apply in my situation.
 - This applies to me. I find it provides:
 - 0 No real satisfaction;
 - 1 quite a lot of satisfaction;
 - 2 a great deal of satisfaction.
1. Caring has allowed me to develop new skills and abilities.
 2. The person I care for is appreciative of what I do.
 3. Caring has brought me closer to the person I care for.
 4. It's good to use small improvements in the person I care for.
 5. I am able to help the person I care for reach their full potential.
 6. I am able to repay the kindness of the person I care for.
 7. Caring provides a challenging and stimulating job.
 8. Despite all the problems, the person I care for doesn't grumble or moan.
 9. It's nice to see the person I care for clean, comfortable and well turned out.
 10. Caring has enabled me to fulfil my sense of duty.
 11. I'm the sort of person who enjoys helping people.
 12. I get pleasure from seeing the person I care for happy.
 13. Knowing the person I care for the way I do means I can give better care than anyone else.

14. It helps to stop me from feeling guilty.
15. Caring has made me a better, less selfish person.
16. It's nice to feel appreciated by those family and friends I value.
17. Caring has strengthened close family ties and relationships.
18. It's good to help the person I care for overcome difficulties and problems.
19. It's nice when something I do gives the person I care for pleasure.
20. I am able to keep the person I care for out of an institution.
21. I feel that if the situation were reversed the person I care for would do the same for me.
22. I am able to ensure the person I care for is well fed and their needs tended to.
23. Caring has given me the chance to widen my interest and contacts.
24. Maintaining the dignity of the person I care for is important to me.
25. I am able to test myself out and overcome difficulties.
26. Caring is one way of showing my faith.
27. Caring has provided a purpose in life that I didn't have before.
28. At the end of the day I know I'll have done the best I could.
29. Caring is one way of expressing my love for the person I care for.
30. Caring makes me feel needed and wanted.