



RAPID CAREGIVER WELL-BEING SCALE (R-CWBS)

Basic Needs:

- **1) Physical—receiving appropriate health care?**
 - **2) Emotional—feeling fulfilled**
- **3) Self-security—feeling secure about financial future**

I. ACTIVITIES

Below are listed a number of activities that each of us do or someone does for us. Thinking over the past three months, indicate to what extent you think each activity has been met by circling the appropriate number on the scale provided below. You do not have to be the one doing the activity. You are being asked to rate the extent to which each activity has been taken care of in a timely way.

1. Rarely 2. Occasionally 3. Sometimes 4. Frequently 5. Usually

- | | | | | | |
|---|---|---|---|---|---|
| 1. Taking care of personal daily activities (meals, hygiene, laundry) | 1 | 2 | 3 | 4 | 5 |
| 2. Taking time to have fun with friends and/or family | 1 | 2 | 3 | 4 | 5 |
| 3. Treating or rewarding yourself | 1 | 2 | 3 | 4 | 5 |

II. NEEDS

Below are listed a number of needs we all have. For each need listed, think about your life over the past three months. During this period of time, indicate to what extent you think each need has been met by circling the appropriate number on the scale provided below.

1. Rarely 2. Occasionally 3. Sometimes 4. Frequently 5. Usually

- | | | | | | |
|---|---|---|---|---|---|
| 1. Receiving appropriate health care | 1 | 2 | 3 | 4 | 5 |
| 2. Feeling good about yourself | 1 | 2 | 3 | 4 | 5 |
| 3. Feeling secure about your financial future | 1 | 2 | 3 | 4 | 5 |

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