

# Modified Caregiver Strain Index

**Purpose :** Quick screen for caregiver strain with long-term family caregivers

**Admin time :** 3 min.

**User Friendly :** Yes

**Administered by :** Self or Healthcare Professional

**Content :** 13-question tool that measures strain related to care provision. There is at least one item for each of the following major domains: Financial, Physical, Psychological, Social, and Personal. This instrument can be used to assess individuals of any age who have assumed the caregiving role for an older adult.

The Modified Caregiver Strain Index (MCSI) is a more recent version of the Caregiver Strain Index (CSI) developed in 1983. The MCSI was modified and developed in 2003 with a sample of 158 family caregivers providing assistance to older adults living in a community-based setting.

Scoring is 2 points for each 'yes' and 1 point for each 'sometimes' response.

The higher the score, the higher the level of caregiver strain

**Author :** Thornton M. and Travis S. (2003)

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<https://www.cgakit.com/caregiver-strain-index>

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Directions: Here is a list of things that other caregivers have found to be difficult. Please put a checkmark in the columns that apply to you. We have included some examples that are common caregiver experiences to help you think about each item. Your situation may be slightly different, but the item could still apply.

	<b>YES</b> On a regular basis =2	<b>YES</b> Sometimes =1	<b>NO</b> =0
<b>My sleep is disturbed</b> (For example: the person I care for is in and out of bed or wanders around at night)			
<b>Caregiving is inconvenient</b> (For example: helping takes so much time or it's a long drive over to help)			
<b>Caregiving is a physical strain</b> (For example: lifting in or out of a chair; effort or concentration is required)			
<b>Caregiving is confining</b> (For example: helping restricts free time or I cannot go visiting)			
<b>There have been family adjustments</b> (For example: helping has disrupted my routine; there is no privacy)			
<b>There have been changes in personal plans</b> ((For example: I had to turn down a job; I could not go on vacation)			
<b>There have been other demands on my time</b> (For example: other family members need me)			
<b>There have been emotional adjustments</b> (For example: severe arguments about caregiving)			

	<b>YES</b> On a regular basis =2	<b>YES</b> Sometimes =1	<b>NO</b> =0
<b>Some behavior is upsetting</b> (For example: incontinence; the person cared for has trouble remembering things; or the person I care for accuses people of taking things)			
<b>It is upsetting to find the person I care for has changed so much from his/her former self</b> (For example: he/she is a different person than he/she used to be)			
<b>There have been work adjustments</b> (For example: I have to take time off for caregiving duties)			
<b>Caregiving is a financial strain</b>			
<b>I feel completely overwhelmed</b> (For example: I worry about the person I care for; I have concerns about how I will manage)			
<b>TOTAL SCORE</b>			

Maximum possible Total Score = 26

The higher the score on the MCSI, the greater the need for more in-depth assessment to facilitate appropriate intervention.

Ref. : Travis, S.S., Bernard, M.A., McAuley, W.J., Thornton, M., & Kole, T. (2003). Development of the Family Caregiver Medication Administration Hassles Scale. *The Gerontologist*, 43(3), 360-368.