

Positive Aspects of Caregiving Scale

Some caregivers say that, despite all the difficulties involved in giving care to a family member with memory or health problems, good things have come out of their caregiving experience too. **Instructions:** Here are some questions about this. There are no right or wrong answers. Please answer honestly, for how things are, overall.

Alternative Instructions (if caregiver cannot complete form on their own): I'm going to go over a few of the good things reported by some caregivers. I would like you to tell me how much you agree or disagree with these statements. Please refer to the responses listed on this card [*Give card*] There are no right or wrong answers. Please answer honestly, for how things are, overall.

Providing help to (CR) has ...	Disagree a Lot	Disagree a Little	Neither Agree or nor disagree	Agree a Little	Agree a Lot
Made me feel more useful.	1 ()	2 ()	3 ()	4 ()	5 ()
Made me feel good about myself.	1 ()	2 ()	3 ()	4 ()	5 ()
Made me feel needed.	1 ()	2 ()	3 ()	4 ()	5 ()
Made me feel appreciated.	1 ()	2 ()	3 ()	4 ()	5 ()
Made me feel important.	1 ()	2 ()	3 ()	4 ()	5 ()
Made me feel strong and confident.	1 ()	2 ()	3 ()	4 ()	5 ()
Enabled me to appreciate life more.	1 ()	2 ()	3 ()	4 ()	5 ()
Enabled me to develop a more positive attitude toward life.	1 ()	2 ()	3 ()	4 ()	5 ()
Strengthened my relationship with others.	1 ()	2 ()	3 ()	4 ()	5 ()

Tarlow, B. J., Wisniewski, S. R., Belle, S. H., Rubert, M., Ory, M. G., & Gallagher-Thompson, D. (2004). Positive aspects of caregiving: Contributions of the REACH project to the development of new measures for Alzheimer's caregiving. *Research on aging, 26*(4), 429-453.

An excellent review on the use of PACS can be found here:

Lee, Y., & Li, L. (2021). Evaluating the positive experience of caregiving: a systematic review of the positive aspects of caregiving scale. *The Gerontologist*. DOI: 10.1093/geront/gnab092