

Dementia Caregiver Positive Feeling Scale 21-item version

Instruction Manual for Family Caregivers

■What is the Dementia Caregiver Positive Feeling Scale?

It is a questionnaire consisting of 21 items/4 categories (i.e. caregiving, caregiving mastery, positive emotion on caregiving and support from others) related to conditions, situations and contexts that made the caregiver feel 'good' when providing care to people with dementia.

■Purpose of development

The scale was developed to elucidate the positive aspects (good sides) of providing care to people with dementia. Additionally, it was designed to help family caregivers of people with dementia become aware of the good things that they experienced when providing care to people with dementia. The scale is aimed at helping the family caregivers who complete the questionnaire engage positively in caregiving.

■How to complete the questionnaire

Questions should be answered by a family member who is providing care to a person with dementia. For items 1–21: **Please answer how strongly you agree/disagree with each statement regarding your current feelings that have developed through caregiving. Please circle a number that is most applicable to you (4: 'strongly agree' to 1: 'strongly disagree').**

The total or subtotal scores for different categories can be obtained by adding numbers that you select as your answer to the questions or in a specific category. The higher the score, the more 'good' experiences you have had and perceived. For example, if you selected many 4-point answers (strongly agree) in the category of 'support from others' and thus obtain a high category (subtotal) score, it indicates that you received support from others and you could perceive it.

* If you are not using long-term care services, please select '1: strongly disagree' for 'I got room to breathe by using the long-term care service' . Similarly, please select '1: strongly disagree' for other items if you have no relevant experience.

■ Examples of use

By family caregivers

- ▶ Family caregivers can become aware of good things that they have experienced when providing care to people with dementia.
- ▶ Completing the questionnaire will provide an opportunity to recall caregiving situations and the associated thoughts/feelings.

By professional care supporters such as care managers

- ▶ In combination with measures on other aspects such as caregiver burden, professional caregivers can identify what they perceived as 'burden' and what made them feel 'good' . The results can be used for the developing support strategies aimed at reducing caregiver burden and emphasising what caregivers felt good about. The scores can tell how heavy their burden is and how good they felt in quantitative terms.
- ▶ The results can also be used as a guide during discussions with clients' family members to know their thoughts/feelings about caregiving.

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[Reference] *When the scale is used for research purposes, please cite the following article as a reference:
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Please read items 1–21 and answer how strongly you agree/disagree with each statement regarding your current feelings that you developed through caregiving.

From options 1–4, please select the one that is most applicable to you and circle that number.

Items 1–21 below are a list of 'conditions, situations and contexts that made the caregiver feel good when providing care to people with dementia' based on stories of experiences told by family caregivers of people with dementia, expert opinions and statistical analysis.

Strongly disagree	Disagree a little	Agree a little	Strongly agree
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1	I feel glad that I am taking care of the care-recipient.	1	2	3	4
2	My relationship with the care-recipient has deepened.	1	2	3	4
3	I think caregiving is a way to return the favour to the care-recipient.	1	2	3	4
4	I feel glad that the care-recipient is here.	1	2	3	4
5	I learned from the care-recipient.	1	2	3	4
6	I have come to think that there are meanings in my life.	1	2	3	4
7	I have obtained perseverance.	1	2	3	4
8	I discovered a new side of the care-recipient.	1	2	3	4

Meaning in caregiving

Sum of 1–8

points

9	I have come to praise the care-recipient.	1	2	3	4
10	When the care recipient repeatedly asks the same questions, I have come to answer them each time as if for the first time.	1	2	3	4
11	I have come to listen deeply to the care-recipient.	1	2	3	4
12	I have come to study more for providing better care.	1	2	3	4
13	I have come to deal with the care-recipient various behaviour (e.g. memory lapses, wandering) properly.	1	2	3	4

Caregiving mastery

Sum of 9 – 13

points

14	I feel glad to see the care-recipient smile.	1	2	3	4
15	I feel glad to see the care-recipient accomplish activities of daily living smoothly (e.g. changing clothes, eating).	1	2	3	4
16	I feel relieved to see the care-recipient calm down.	1	2	3	4

Positive emotion on caregiving

Sum of 14 – 16

points

17	My family moved toward a deeper understanding of dementia.	1	2	3	4
18	I feel better after talking with a person in the same situation as myself.	1	2	3	4
19	I have got room to breathe by using the long-term care service.	1	2	3	4
20	My neighbours moved toward a deeper understanding of dementia.	1	2	3	4
21	I was able to meet a reliable medical/welfare professional.	1	2	3	4

Support from others

Sum of 17 – 21

points

Perception of good things achieved through caregiving (dementia caregiver positive feeling)

Total of 1 – 21

points