

BAKAS CAREGIVING OUTCOMES SCALE (BCOS) Life Changes

This group of questions is about the possible changes in your life from providing care for the stroke survivor. For each possible change listed, circle one number indicating the degree of change. The numbers range from **-3 “Changed for the Worst”** to **+3 “Changed for the Best.”** The number **0** means **“Did Not Change.”**

As a result of providing care for the stroke survivor:	Changed for the Worst			Did not Change		Changed for the Best		Related Tip Sheets
1. My self esteem	-3	-2	-1	0	+1	+2	+3	27
2. My physical health	-3	-2	-1	0	+1	+2	+3	31, SB7
3. My time for family activities	-3	-2	-1	0	+1	+2	+3	33
4. My ability to cope with stress	-3	-2	-1	0	+1	+2	+3	27
5. My relationship with friends	-3	-2	-1	0	+1	+2	+3	33
6. My future outlook	-3	-2	-1	0	+1	+2	+3	27
7. My level of energy	-3	-2	-1	0	+1	+2	+3	32
8. My emotional well-being	-3	-2	-1	0	+1	+2	+3	27
9. My roles in life	-3	-2	-1	0	+1	+2	+3	28
10. My time for social activities with friends	-3	-2	-1	0	+1	+2	+3	33
11. My relationship with my family	-3	-2	-1	0	+1	+2	+3	29
12. My financial well-being	-3	-2	-1	0	+1	+2	+3	22,23,30
13. My relationship with the stroke survivor	-3	-2	-1	0	+1	+2	+3	9-16
14. My physical functioning	-3	-2	-1	0	+1	+2	+3	31, SB7
15. My general health	-3	-2	-1	0	+1	+2	+3	31, SB7
16. In general, how has your life changed as a result of taking care of the stroke survivor?	-3	-2	-1	0	+1	+2	+3	27-33

If there are any other changes as a result of providing care, write in below and rate.	Changed for the Worst			Did not Change		Changed for the Best		Related Tip Sheets
17.	-3	-2	-1	0	+1	+2	+3	
18.	-3	-2	-1	0	+1	+2	+3	
19.	-3	-2	-1	0	+1	+2	+3	

BCOS Copyright © 2007 Tamilyn Bakas