

COPE

Answer the statements below by marking which option choice you most agree with.

1) I am knowledgeable about dementia (symptoms, stages, behaviors):

Strongly Agree Agree Neutral Disagree Strongly Disagree

2) I am confident in my caregiving skills:

Strongly Agree Agree Neutral Disagree Strongly Disagree

3) I have communication strategies that are effective with my loved one:

Strongly Agree Agree Neutral Disagree Strongly Disagree

4) I feel able to manage my emotional well-being:

Strongly Agree Agree Neutral Disagree Strongly Disagree

5) I have a network of people who provide me with practical and emotional support:

Strongly Agree Agree Neutral Disagree Strongly Disagree

6) I am equipped to make a decision about keeping my loved one at home or moving to a long-term care community:

Strongly Agree Agree Neutral Disagree Strongly Disagree

7) I enjoy life:

Strongly Agree Agree Neutral Disagree Strongly Disagree

8) I am confident in facing challenges ahead:

Strongly Agree Agree Neutral Disagree Strongly Disagree