

COPE-ING 15-Item

Answer the statements below by providing the rating you most agree with.

Caregiver Needs and Goals	This is important to me (1= not at all, 5= very important to me)	This is a top priority for me right now.
I want to understand more about dementia, memory or thinking problems and what to expect as things change in the future		
I want help finding meaningful activities at home or community programs for the person I care for, such as senior centers, adult day care, respite and support groups		
I want help finding caregiver programs, such as education, trainings, classes or support groups		
I want to learn about brain health for myself and the person I care for, such as exercise, nutrition, or tips for getting good sleep		
I want to learn better ways to reduce my own stress, depression, frustration or anxiety		
I want information on how to find and pay for caregivers in the home		
I want help understanding the cost and types of housing options for right now or in the future, such as independent living, assisted living and memory care		
I want help with legal, medical, or financial questions such as medical power of attorney, long-term care insurance, disability paperwork or medical insurance		
I want to learn about transportation options for me or the person I care for		
I want to learn about research studies or clinical trials for me or the person I care for		
I want to discuss topics related to safety, such as driving, preventing falls, cooking, supervision of finances, medication oversight or avoiding scams		
I want to learn how to manage and respond to behaviors such as repetitive questioning, wandering, aggression, shouting or personality changes		
I want to learn communication strategies that will be helpful for me to use with the person I care for		
I want information on ways to meet our basic needs, such as paying utilities, finding rides to medical appointments, paying for medications or groceries		
I would like to know how apps and technology can help with my caregiving, such as in-home cameras, fall risk alerts or auto pill dispensers		

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