

COPE Survey

Answer the statements below by marking the option that you most agree with. Please check only one box per question.

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I am knowledgeable about dementia (symptoms, stages, behaviors)	<input type="checkbox"/>				
2. I am confident in my caregiving skills	<input type="checkbox"/>				
3. I have communication strategies that are effective with my loved one	<input type="checkbox"/>				
4. I feel able to manage my emotional well-being	<input type="checkbox"/>				
5. I have a network of people who provide me with practical and emotional support	<input type="checkbox"/>				
6. I am equipped to make a decision about keeping my loved one at home or moving to a long-term care community	<input type="checkbox"/>				
7. I enjoy life	<input type="checkbox"/>				
8. I am confident in facing challenges ahead	<input type="checkbox"/>				