

Disaster Caregiver "At Risk" Test

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This test was written for Pastors, but could be taken by all disaster volunteers periodically during the recovery stage (6 weeks after a disaster).

1. I have now been more than two weeks without a day off. NO YES
2. The recommended debriefing meetings are not worth the time they take and I am thinking of skipping them. NO YES
3. Most of the people involved in the recovery process hardly care about the people they have come to help and simply are looking for accolades. NO YES
4. More than six weeks have passed and I've not been able to get back into my usual hobbies. NO YES
5. I find myself wanting to be in charge of everything related to the disaster because others just aren't doing what's needed. NO YES
6. I realize that for the first time in years my ministry is really exciting. NO YES
7. I notice I'm getting "paranoid" and cynical toward others who call or ask how I'm doing. NO YES
8. I'm increasingly having "run-ins" and conflicts with co-workers. NO YES
9. I'm having an increasing number of disturbing dreams and nightmares about disasters. NO YES
10. My spouse is starting to complain that I am unavailable literally and/or emotionally. NO YES
11. I can hardly stand still; relaxing is out of the question. NO YES
12. The only thing that seems to slow me down is a "stiff" drink. NO YES
13. I have embarrassed myself more than once now by breaking down and crying at inappropriate times. NO YES
14. I've had several "accidents" lately that were probably related to my being preoccupied in thought. NO YES
15. I'd just as soon go home or to my room after working all day long and speak to no one. NO YES
16. I'm thinking of the survivors as a mass rather than viewing them as individuals needing service. NO YES

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17. I am actually feeling burdened and resentful that people need and expect so much from me. NO YES

18. Intrusive images, sounds or smells keep bringing the disaster to the forefront of my attention. They get in the way of normal life. NO YES

Score 1 point for each YES and 0 points for each NO answer

Your Total Score: _____

Scoring:

0 Good, you are nearly risk-free!

1-5 Review your behavior, remember stress is cumulative.

6-10 Consult a mentor or colleague, you are at risk!

11-15 Change your behavior immediately! Counseling may be needed.

16+ Take a break now! You are not indispensable. Soon you will do more harm than good.

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