

The purpose of the study is to gain insight into the experiences of Latino caregivers such as the interrelationships between caregiver and care recipient, cultural values and caregiver burden influence on coping style and social support and on lifestyle behaviors (such as physical activity). The goal is to describe how these multicomponent factors can influence a caregiver's health. ***This questionnaire will explore the following topics: interrelationships between caregiver and care recipient, cultural values, caregiver burden, coping style, social support, and lifestyle behaviors.***

Multicomponent Factors Questionnaire: The Influence of Multicomponent Factors on the Experience of the Latino Caregiver

1. There are many ways that someone provides care for a loved one with Alzheimer's, dementia, or other related condition. In your opinion, what are some of the ways that someone can provide care for their loved one?
2. Growing up did you experience caregiving for an older adult in your family?
3. Who do you provide care for? Are you the primary caregiver? Who else is involved in the care of your loved one?
 - a. Are there differences between females and males when decisions are made regarding who will take care of family member?
 - b. If there are differences why do you believe such differences exist?
(Attempting to gain insight into issues of cultural values)
4. Tell me about the kinds of things you do for your loved one. How has it changed from when the care started to now?
5. How would you describe your relationship with your loved one?
6. How would you describe your loved one's behaviors?
 - a. Does your loved one's behavior cause conflict between you? Or does it cause you to have conflict with others?
7. How would you describe your own experiences in providing care?
 - a. Have there been any benefits?
 - b. Any challenges encountered?
 - c. Would you consider your financial status an issue or a contributing challenge to your role as a caregiver?
8. What do you think are the most important supports for you?
 - a. Would you consider _____ as an important support for you? (Fill in the blank with following: Family, friends, social services, transportation, health services)
9. What is your knowledge about the services that are available? (e.g. In-Home Care Services, Nursing Home)
 - a. What services have you used in relation to caring for your loved one?
 - b. What are your perceptions/views about the services that you have used?
 - c. What are your perceptions of the ones you have not used such as _____ (list of

- resources need to research some)?
10. What are your thoughts about the future of your loved one?
 - a. Would you consider assisted living as an option for your loved one?
 - b. If so, why?
 - c. If not, why not?
 11. Some people think that caregiving is stressful and may influence people's health, what do you think about that?
 - a. Physical, emotional, impact on routines, meals, activities.
 12. What helps when you are dealing with difficult decisions and issues around the care of your loved one?
 13. What is your opinion on physical activity as being a method to help cope with stress, depression, anxiety?
 14. What are some healthy behaviors you engage in?
 - a. Do you engage in any physical activity for leisure?
 - b. Do you have anyone that encourages you to be physically active or accompanies you on activities such as walking?
 - c. Ideally, would you like to be more physically active for leisure?
 - d. What are barriers that prevent you from engaging in physical activity for leisure?
 - e. What would need to happen in order for you to participate?
 - f. Are you part of any support groups?
 - g. Other healthy behaviors such as foods, vitamins/medications, healthcare visits,
 15. What are some healthy behaviors you wish you could do more often?
 - a. What would be necessary for you to participate in these healthy behaviors?
 - b. Examples of behaviors: Meditate, travel, read, alone time, visit friends. family, have social outings
 16. Is there anything else that you feel important to discuss that I have not asked about?