

# Preface

This manual describes the Burden Scale for Family Caregivers (BSFC), a global measure of perceived burden resulting from home care. The BSFC is designed for use in both clinical practice and research studies.

The original author developed the BSFC in the early 1990's in Erlangen (Bavaria, Germany), followed by a series of studies with the BSFC in Germany. In 1999, the English version of the BSFC was introduced as an outcome measure to Toronto (Ontario, Canada) at COTA Comprehensive Rehabilitation and Mental Health Services. Further studies were conducted in Toronto.

The BSFC manual was originally written in German. Following the use of the BSFC at COTA, it has become apparent that an English version of the manual would be needed.

We have written this manual with two main purposes. First, to summarize the tool development and studies undertaken in the past 10 years; second, to provide the information necessary for readers to administer the BSFC.

This manual is written to provide information to a diverse audience. It is suitable for practitioners who work with individuals who give care to their family members at home. We have also provided information for researchers, evaluators, educators, and students.

We have divided the manual into four chapters. Chapter one summarizes the background and development of the BSFC. Chapter two describes the administration procedures. Chapter three explains how to score the BSFC and interpret the BSFC score. Chapter four reviews the research undertaken to study the psychometric properties of the BSFC.

The authors of this manual would like to extend thanks to Michelle Patterson and Michelle Martinez, members of the Psychogeriatric Outcome Working Group, who contributed to the revision of the English version of the BSFC at COTA. We appreciate the help from Barbara Cawley and Marilyn Gruneir who reviewed the draft of this manual and provided valuable feedback. Special thanks go to Rosa Chiu who designed the cover page.