

The Stress of Caregiving

CAREGIVER STRESS STATISTICS

- ◆ 75% of caregivers who report feeling emotionally and physically strained are women
- ◆ caregivers often referred to as “hidden patients”
- ◆ 21% of the adult population provides unpaid care to the elderly or disabled per year
- ◆ 61% of caregivers are women
- ◆ most caregivers are middle aged, 13% being 65+
- ◆ 59% of caregivers also work outside the home
- ◆ caregivers between the ages of 66 and 96 experiencing strain have a 63% higher chance of dying before their peers who aren’t caregivers

IDENTIFY YOUR SYMPTOMS

- ◆ no energy reserves
- ◆ difficulty sleeping
- ◆ changing/irregular sleep patterns
- ◆ easily irritated, angered, over-reacting
- ◆ poor concentration
- ◆ short-term memory problems
- ◆ repeating actions or chores
- ◆ being neglectful
- ◆ changes in eating habits
- ◆ loss of interest in activities you once enjoyed
- ◆ frequent physical problems
- ◆ increased alcohol/drug abuse
- ◆ increased cigarette smoking



WARNING SIGNS

- ◆ anger
- ◆ anxiety
- ◆ denial
- ◆ depression
- ◆ exhaustion
- ◆ health problems
- ◆ irritability
- ◆ lack of concentration
- ◆ sleeplessness
- ◆ social withdrawal



TIPS FOR DEALING WITH STRESS

- ◆ accept your own limits
- ◆ create a caregiver support group
- ◆ get organized
- ◆ schedule time for yourself
- ◆ make your own health your first priority
- ◆ eat a balanced diet
- ◆ get plenty of rest
- ◆ exercise regularly
- ◆ relax and do something fun
- ◆ take a break
- ◆ see your doctor about health issues
- ◆ use community resources
- ◆ ask for and accept help
- ◆ maintain your social ties
- ◆ make time for social activities
- ◆ look for faith-based support groups

