

10 COMMON SIGNS OF CAREGIVER STRESS

1. Denial about the situation and its effect on the care recipient. I know Mom is going to get better.

2. Anger at the person with dementia or frustration that he or she cannot do the things they used to be able to do. He knows how to get dressed – he is just being stubborn.

3. Social withdrawal from friends and activities that used to make you feel good. I don't care about visiting with the neighbours anymore.

4. Anxiety about the future and facing another day. What happens when he needs more than I can provide?

5. Depression that breaks your spirit and ability to cope. I just don't care anymore.

6. Exhaustion that makes it nearly impossible to complete necessary daily tasks. I am just too tired for this.

7. Sleeplessness caused by a never ending list of concerns. What if she wanders out of the house or hurts herself?

8. Irritability that leads to moodiness and triggers negative responses and actions. Leave me alone!

9. Lack of concentration that makes it difficult to perform familiar tasks. I was so busy, I forgot my appointment.

10. Health problems that begin to take a mental and physical toll. I can't remember the last time I felt good.



WE CAN HELP



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