

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

