

Caregiver Stress

What is caregiver stress?

Caring for someone with dementia can cause stress. Stress is the way the body and brain react to a demand. However, the demands of caregiving can exceed the stress of everyday life.

What are some symptoms that may mean a caregiver is stressed?

- Feeling alone or overwhelmed
- Feeling tired a lot
- Big changes in weight
- Getting too much or not enough sleep
- Health problems
- Headaches
- Panic, rage, anxiety and/or depression
- Excess guilt, shame and/or blame
- Loss of control

What are some ways to deal with caregiver stress?

- Take some time for yourself
- Look after your health (take a walk, practice good sleep hygiene, eat well)
- Reach out to family and friends
- See your doctor regularly and speak with them about how you are feeling
- Join a caregiver support group
- Consult a counselor
- Look for services in your community
 - Contact your local Office for the Aging
 - Visit the Alzheimer's Association website at alz.org

Have Questions? Ask your doctor or health care provider.