

Care for Caregivers

Helping those who help



According to the National Institute for Health, there are currently 11 million people caring for those with dementia. They provide 15 billion hours of care, often at the expense of their own physical and mental well-being.

What are some signs you may be experiencing excessive caregiver stress?

- **WORRYING** all of the time.
- **FEELING TIRED** most of the time. Sleeping too much or too little.
- **GAINING OR LOSING WEIGHT**
- Becoming easily **ANGRY OR UPSET**.
- **LOSING INTEREST** in activities you used to enjoy, or feeling sad or depressed.
- New or exacerbated **HEALTH PROBLEMS** such as headaches or stomach issues.
- Feeling **HOPELESS OR HELPLESS**.
- Using **ALCOHOL, DRUGS OR SLEEPING MEDICATION** excessively or inappropriately.

How can you improve caregiver stress?

- **REACH OUT TO FRIENDS AND FAMILY** to give you a break and to help with tasks. You don't need to do it all yourself.
- Find a **LOCAL SUPPORT GROUP** and learn from their experiences.
- **DON'T NEGLECT YOURSELF**. Make sure you are eating, sleeping, taking care of your health problems, and socializing with others. You can't care for someone else if you aren't well.
- **CONSULT PROFESSIONALS** to get legal, financial and healthcare affairs settled. Visit residential facilities in case the time comes where you can no longer care for your loved one at home. Talk with your loved one's doctor about his/her health and behavioral concerns.

Director of Dementia
Programming
Jen Graf



Three Pillars
SENIOR LIVING COMMUNITIES

For more info.
JGraf@ThreePillars.org
262.965.7133