

10 SYMPTOMS OF CAREGIVER STRESS

& WHAT THEY SOUND LIKE



ACT NOW
FOUNDATION
Dementia Center

46% of our caregivers report high emotional stress. If you experience any of these signs of stress on a regular basis, make time to talk to your doctor.

1

DENIAL about the disease and its effect on the person who's been diagnosed.

"I know Mom is going to get better."



2

ANGER at the person with Alzheimer's or others, anger that no cure exists or that people don't understand what's happening.

"If he asks me that one more time I'll scream."

3

SOCIAL WITHDRAWAL from friends and activities that once brought pleasure.

"I don't care about getting together with the neighbors anymore."



4

ANXIETY about facing another day and about the future.

"What happens when he needs more care than I can provide?"

5

DEPRESSION that begins to break your spirit and affects your ability to cope.

"I don't care anymore."





6

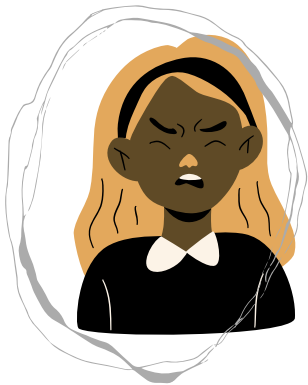
EXHAUSTION that makes it nearly impossible to complete necessary daily tasks.

"I'm too tired for this."

7

SLEEPLESSNESS caused by a never-ending list of concerns.

"What if she wanders out of the house or falls and hurts herself?"



8

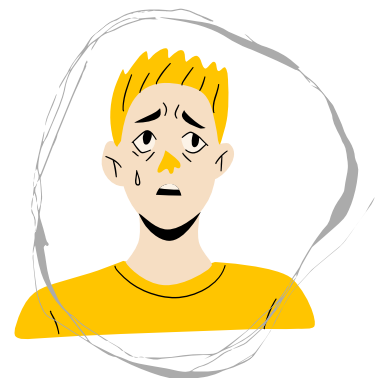
IRRITABILITY that leads to moodiness and triggers negative responses and actions.

"Leave me alone."

9

LACK OF CONCENTRATION that makes it difficult to perform familiar tasks.

"I was so busy, I forgot we had an appointment."



10

HEALTH PROBLEMS that begin to take a mental and physical toll.

"I can't remember the last time I felt good."

