



Caregiver Stress

Alzheimer's

Caring for a person with Alzheimer's disease or related dementia can be overwhelming and result in increased stress.

The increased demands of caregiving can take a toll and lead to burnout.

Signs of Caregiver Stress

- Fatigue or feeling run down
- Difficulty concentrating
- Increased feelings of sadness, frustration & irritability
- Feeling increasingly resentful
- Difficulty sleeping
- Drinking, smoking or eating more
- New or worsening health problems
- Neglecting other responsibilities
- Cutting back on leisure activities

As a caregiver, you have an increased risk for physical and emotional conditions. It is important to recognize the signs of stress and identify strategies to effectively manage.

Tips

Take care of your health care needs

- Get a good night's rest.
- Eat a balanced, healthy diet.
- Exercise regularly.
- Have regular medical check-ups.

Maintain social connections

- Spend time with friends and family.
- Engage in favorite activities.
- Connect with your spiritual or faith community.

Explore creative ways to manage stress

- Try relaxation, meditation or yoga.
- Get in touch with your sense of humor and use it often.
- Journal your caregiving successes.
- Focus on what you can control.

Accept opportunities for help

- Be willing to accept help from family and friends.
- Identify tasks that others can assist with.
- Learn about and use community services.
- Attend a support group for coping strategies.
- Seek out individual counseling.



Alzheimer's Institute &
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For more information, visit www.BannerAlz.org
or tune into our podcast, *Dementia Untangled*