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TEN SIGNS OF CAREGIVER STRESS

1. **DENIAL** about the disease and its effects on the person who has been diagnosed. “I know that my Dad will get better.”
2. **ANGER** at the person with memory loss or Alzheimer’s disease or other persons because no effective treatments or cures exist. “I can’t stand to keep answering the same question over and over again.”
3. **SOCIAL WITHDRAWAL** from family members and friends because of a lack of time. “It takes too much effort to get together with my friends anymore.”
4. **ANXIETY** about what the day will bring and what the future will hold. “What happens when I can’t do this anymore?”
5. **DEPRESSION** starts to affect the ability to cope. Restlessness, feelings of loss and sadness set in. “I don’t care what happens anymore.”
6. **EXHAUSTION** makes it almost impossible to face the many tasks of the day. “I am too tired for this.”
7. **SLEEPLESSNESS** caused by an unending list of worries. “What if he leaves the stove on? What if he wanders?”
8. **IRRITABILITY** leads to moodiness and feelings of resentment toward others. “I can’t take it anymore. Leave me alone!”
9. **LACK OF CONCENTRATION** makes it difficult to perform familiar tasks. “I forgot we had that appointment.”
10. **HEALTH PROBLEMS** develop because of missed or delayed doctor appointments and ignoring your own health problems or symptoms. “I don’t have time to take care of myself.”