

## Caregiver Burnout and Stress



Alzheimer's caregivers frequently report experiencing high levels of stress. It can be overwhelming to take care of a loved one with Alzheimer's or other dementia, but too much stress can be harmful to both of you.

### 10 symptoms of caregiver stress

1. **Denial** about the disease and its effect on the person who has been diagnosed. "I know Mom is going to get better."
2. **Anger** at the person with Alzheimer's or frustration that he or she can't do the things they used to be able to do. "He knows how to get dressed — he's just being stubborn."
3. **Social withdrawal** from friends and activities that used to make you feel good. "I don't care about visiting with the neighbors anymore."
4. **Anxiety** about the future and facing another day. "What happens when he needs more care than I can provide?"
5. **Depression** that breaks your spirit and affects your ability to cope. "I just 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 my appointment."
10. **Health problems** that begin to take a mental and physical toll. "I can't remember the last time I felt good."

### Tips to manage stress

1. **Know what community resources are available.**  
Adult day programs, in-home assistance, visiting nurses and meal delivery are just some of the services that can help you manage daily tasks.
2. **Get help and find support.**  
Reach out to family and friends for support and make a schedule to help organize those willing to help.
3. **Use relaxation techniques.**  
There are several simple relaxation techniques that can help relieve stress. Try more than one to find which works best for you. Techniques include:
  - a. Visualization (mentally picturing a place or situation that is peaceful and calm)
  - b. Meditation (which can be as simple as dedicating 15 minutes a day to letting go of all stressful thoughts)
  - c. Breathing exercises (slowing your breathing and focusing on taking deep breaths)
  - d. Progressive muscle relaxation (tightening and then relaxing each muscle group, starting at one end of your body and working your way to the other end)
4. **Get moving.**  
Physical activity — in any form — can help reduce stress and improve overall well-being. Even 10 minutes of exercise a day can help. Take a walk. Do an activity you love, such as gardening or dancing.
5. **Find time for yourself.**  
Consider taking advantage of respite care so you can spend time doing something you enjoy. Respite care

provides caregivers with a temporary rest from caregiving, while the person with Alzheimer's disease continues to receive care in a safe environment.

6. **Become an educated caregiver.**

As the disease progresses, new caregiving skills may be necessary. Get information from community organizations like Dementia Friendly America and The Alzheimer's to help you better understand and cope with the behaviors and personality changes that often accompany Alzheimer's

7. **Take care of yourself.**

Visit your doctor regularly. Try to eat well, exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.

8. **Make legal and financial plans.**

Putting legal and financial plans in place is important so that the person with the disease can participate. Having future plans in place can provide comfort to the entire family.

9. **Let your faith help you cope** – the use of prayer and meditation can have a significant impact in helping to reduce stress. Speaking with a minister at Community of Hope AME Church or your local church can provide needed support. They can also help you find additional resources to manage caregiver burnout.

**Learn more**

Dementia Friendly America: <http://www.dfamerica.org/>

Alzheimer's Association: <http://www.alz.org/>

**Community of Hope AME Church**

Pastor: Rev Tony Lee

Assist Pastor: Rev Bill Lee

Executive Minister: Rev. Dr Nancy Lee

**"Where Everybody Has a Chance"**

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