

Caregiver Stress

More than 80 percent of Alzheimer caregivers report that they frequently experience high levels of stress, and nearly half say they suffer from depression. Many caregivers don't recognize their needs, fail to do anything about them, or simply don't know where to turn for help. Too much stress can be damaging to caregivers and the person with Alzheimer's. Recognizing the signs and learning how to reduce stress can help.

Warning signs of caregiver stress

- Denial
- Anger
- Social withdrawal
- Anxiety
- Depression
- Exhaustion
- Sleeplessness
- Irritability
- Lack of concentration
- Health problems

If you are a caregiver who is experiencing several of these stress symptoms on a regular basis, consult a physician.

Ways to reduce caregiver stress

- Know what resources are available in your community
- Become educated about Alzheimer's disease and caregiving techniques
- Get help from family, friends, and community resources
- Take care of yourself by watching your diet, exercising, and getting plenty of rest
- Manage your level of stress by consulting a physician and using relaxation techniques
- Accept changes as they occur
- Engage in legal and financial planning
- Be realistic about what you can do
- Give yourself credit for what you have accomplished; don't feel guilty if you lose patience or can't do everything on your own