

CAREGIVER BURNOUT



CARE *Patrol*™

Your Partner In Senior Care Solutions



Finding the **Right Care** Option

Since 1993, CarePatrol has partnered with families to find the right care solution for their loved ones, including Assisted Living, Independent Living, Memory Care, In-Home Care, Nursing Homes and more.



Considering senior care options?

We are your partner in the process.

Contact us.

Common Signs of Caregiver Stress

- Anxiety
- Depression
- Irritability
- Feeling tired and rundown
- Difficulty sleeping
- Overreacting to minor nuances
- New or worsening health problems
- Trouble concentrating
- Feeling increasingly resentful
- Drinking, smoking or eating more
- Neglecting responsibilities
- Cutting back on leisure activities

Common Signs of Caregiver Burnout

- You have less energy than you used to.
- It seems like you catch every cold or flu that's going around.
- You're constantly exhausted even after sleeping or taking a break.
- You neglect your own needs either because you're too busy or you don't care anymore.
- Your life revolves around caregiving but it gives you little satisfaction.
- You have trouble relaxing even when help is available.
- You're increasingly impatient and irritable with the person that you're caring for.
- You feel helpless and hopeless.



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