

TEN SYMPTOMS OF CAREGIVER STRESS

(Courtesy of the Alzheimer's Association)

1. **DENIAL** about the disease and its effects on the person who has been diagnosed. *"I know Mom's going to get better."*
2. **ANGER** at the person with the affected disease or others that no effective treatments or cures currently exist and that people don't understand what's going on. *"If he asks me that question one more time, I'll scream."*
3. **SOCIAL WITHDRAWAL** from friends and activities that once brought pleasure. *"I don't care about getting together with the neighbors anymore."*
4. **ANXIETY** about facing another day and what the future holds. *"What happens when he needs more care than I can provide?"*
5. **DEPRESSION** begins to affect the ability to cope. *"I don't care anymore."*
6. **EXHAUSTION** makes it nearly impossible to complete necessary daily tasks. *"I am 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** leads to moodiness and triggers negative responses and reactions. *"Leave me alone!"*
9. **LACK OF CONCENTRATION** makes it difficult to perform familiar tasks. *"I was so busy, I forgot we had an appointment."*
10. **HEALTH PROBLEMS** begin to take their toll, both mentally and physically. *"I can't remember the last time I felt good."*