

alzheimer's  association®

CAREGIVER STRESS CHECK

WHAT CAREGIVERS NEED
TO KNOW TO STAY HEALTHY



ARE YOU STRESSED?

As a caregiver for a person with Alzheimer's disease or another dementia, you may be so concerned about caring for someone else that you don't realize your own health is at risk.

Take our Caregiver Stress Test below to help gauge your situation.

CAREGIVER STRESS TEST

Do you regularly:

Feel like you have to do it all yourself, and that you should be doing more? Yes No

Withdraw from family, friends and activities that you used to enjoy? Yes No

Worry about the safety of the person you care for? Yes No

Feel anxious about money and health care decisions? Yes No

Deny the impact of the disease and its effects on your family? Yes No

Feel grief or sadness that your relationship with the person isn't what it used to be? Yes No

Get frustrated and angry when the person continually repeats things and doesn't seem to listen? Yes No

Have health problems that are taking a toll on you? Yes No

If you answered "yes" to any question, you may be experiencing caregiver stress. There are things you can do to stay healthy. Make time to consult your doctor, and take advantage of the full range of helpful services offered by the Alzheimer's Association®.

WE CAN HELP

Alzheimer's Association services and resources include:

- » Confidential telephone support, information and referrals to local resources 365 days a year.
- » Care consultation.
- » Caregiver support groups.
- » Education programs for families.
- » Online information and tools for all those who participate in providing care and making care-related decisions.

CARE AND SUPPORT ALL DAY, EVERY DAY.



- » 24/7 Helpline – **800.272.3900**
(TTY: 866.403.3073)
- » Alzheimer's and Dementia Caregiver Center –
alz.org/care
- » Additional services available nationwide –
alz.org/CRF



alz.org/care

The Alzheimer's and Dementia Caregiver Center provides information and resources, such as:

- » Alzheimer's Navigator® – Assess your needs and create customized action plans.
- » Community Resource Finder – Find local resources.
- » ALZConnected® – Connect with others affected by dementia.
- » Safety Center – Access information and tips.



alz.org/findus

We're in communities across the country.



800.272.3900

24/7 Helpline – Available all day, every day.
(TTY: 866.403.3073)

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The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Our vision is a world without Alzheimer's.

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