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
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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