

# When Caregiving Becomes Too Much



**Being the primary caregiver to an aging loved one strains and challenges even the most resilient people.** Caregiver stress is the emotional and physical stress of caregiving. It is unfortunately all too common. Those suffering from caregiver stress can be vulnerable to changes in their own health. Risk factors associated with caregiver stress include:

- Lack of choice in being a caregiver and feeling trapped
- Social isolation
- Developing depression or anxiety
- Decreased ability to cope and solve problems
- Lack of quality sleep

When caring for a senior loved one, it is easy to become so focused on them and meeting their needs that you may not realize your own health and wellbeing are being compromised. Signs that you may be suffering from caregiver stress and burnout include:

- Feeling constantly worried and overwhelmed
- Difficulty concentrating
- Getting too much or too little sleep
- Being angry, easily irritated or resentful
- Losing or gaining weight
- Feeling sad and lonely
- New health problems or worsening conditions
- Inability to relax, even during downtime

**Caregiver burnout is dangerous for you and your loved one.** Earlier on, you may be successful enlisting the help of other family members to divide the workload. In many cases, this is eventually not enough. Ask yourself if the current situation poses a risk to caregiver or the senior's life and wellbeing. If the answer is yes, then it is time to find professional services.

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Moving to an Assisted Living community can reduce the stress of caregiving and provide you and your loved one with an improved quality of life. Feeling solely responsible for the ever-growing care needs of an aging senior is daunting.

**While the choice to move to Assisted Living can be difficult for caregiver and seniors alike, it often provides a great relief and freedom for everyone involved.** Assisted Living communities are designed to feel like home, with many amenities available. They provide empowering solutions that allow seniors to maintain a level of independence, while allowing caregivers to restore their mental and physical health and well-being.

A qualified community will have the well-trained staff, equipment, on-site therapy services and infrastructure, to monitor and care for your loved one, while helping them maintain their independence. In most cases, they are much better equipped to handle the demands of caregiving, than someone without training, providing care at home.

By allowing professionals to take on primary caregiving responsibilities, the caregiver can return to their role as family or friend, focusing on the aspects of the relationship they enjoy.