

Danger Signs for Caregivers

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1. You feel you're handling everything by yourself, yet what you're doing just isn't enough.
2. You don't seem to have any time or place to be alone.
3. You feel uncomfortable about going away, even for a few hours or a day.
4. There isn't anyone around to help, or so it seems.
5. Your family's getting impatient. They don't understand how hard this is.
6. Missing work or much of the time at work is spent worrying.
7. You think it would be selfish to think of yourself.
8. Feeling sad, lonely or anxious.
9. You're tired most of the time and dread getting up in the morning.
10. Getting angry at the person you're taking care of.
11. Feeling stretched economically, emotionally or physically.