



Caregiver Burnout

Warning Signs

- Depression, social withdrawal, sad or worried, feeling betrayed
- Stressed, anger, feeling alone or overwhelmed, irritability
- Not balancing responsibilities; letting caregiving “takeover”
- Sleep problems, feeling anxious or panicky, low self esteem
- Health problems: body aches, weight change, frequent exhaustion and/or headaches, getting sick more often

Tips for Management & Prevention

- Change what you can, accept what you cannot
- Seek and accept help
- Find time for self; spend time with friends and keep up hobbies
- Eat well, exercise regularly, and get 7-8 hours of sleep daily
- Meet your spiritual needs
- Join a support group
- Become an educated caregiver
- Make financial and legal plans

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Did you know?

- Over 43 million Americans have provided unpaid care in the past year (AARP).
- In Arkansas, over 26% of adults 45 and older report being a caregiver to a friend or family member (CDC).
- 17% of family caregivers feel their health has generally gotten worse as a result of their caregiving responsibilities (AARP Public Policy Institute).

Mission

The AGECE's mission is to provide high quality programs that support healthy aging in Arkansas.

Connect with us

Arkansas Geriatric Education Collaborative (AGECE)

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