



# 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

## 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).

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## Mission

**The AGECS mission is to provide high quality programs that support healthy aging in Arkansas.**

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