



Warning Signs of Caregiver Stress

1. Denial about the disease and its effects on the person who's been diagnosed. *"I know Mom is going to get better."*
2. Anger at your loved one or others, or that no effective treatments or cures currently exist and that people don't understand what's going on. *"If he asks me that question one more time, I'll scream."*
3. Social withdrawal from friends and activities that once brought pleasure. *"I don't care about getting together with the neighbors anymore."*
4. Anxiety about facing another day and what the future holds. *"What happens when he needs more care than I can provide?"*
5. Depression begins to affect your ability to cope. *"I don't care anymore."*
6. Exhaustion makes it nearly impossible to do necessary daily tasks. *"I'm too tired for this."*
7. Sleeplessness caused by a never-ending list of concerns. *"What if she wanders out of the house or falls and hurts herself?"*
8. Irritability leads to moodiness and triggers negative responses and reactions. *"Leave me alone!"*
9. Lack of concentration makes it difficult to perform familiar tasks. *"I was so busy, I forgot we had an appointment."*
10. Health problems begin to take their toll, both mentally and physically. *"I can't remember the last time I felt good."*

Courtesy of: Duke Family Support Program

PROVIDED BY



9131 Anson Way, Ste. 206,
Raleigh, NC 27615
(919) 832-3732

www.DementiaNC.org