

STEP 1: Know Your Risk - Causes

## Get to the Root of Your Caregiver Stress

There are many causes of caregiver related stress. Here are a few. Read through this list, and check the boxes below that apply to **you**. This is **your** list. If you know a cause of stress for you that is not listed, write that down.

- |                          |  |   |
|--------------------------|--|---|
| <input type="checkbox"/> | <b>I have health concerns.</b>                     | <b>Ask yourself:</b> How do I rate my own health? Do my own health problems get in the way of providing care? Am I sleeping too little or too much? Have I been eating differently? Do I get enough exercise? |
| <input type="checkbox"/> | <b>I am depressed.</b>                             | <b>Ask yourself:</b> Over the past few weeks, have I felt down, depressed or hopeless? Do I have little interest in doing the things I used to enjoy?   |
| <input type="checkbox"/> | <b>I have too much to do, and too little time.</b> | <b>Ask yourself:</b> Are the older adult's care needs taking more time than expected? Do I have little time for friends or relatives? Has my social life suffered? Am I able to make time for myself?         |
| <input type="checkbox"/> | <b>I'm having trouble coping.</b>                  | <b>Ask yourself:</b> Are my caregiving responsibilities making me anxious, nervous, depressed, or worried? What do I worry about the most? Do I have questions that haven't been addressed?                   |
| <input type="checkbox"/> | <b>My relationships are suffering.</b>             | <b>Ask yourself:</b> Have my caregiving responsibilities caused conflicts with the older adult or other family members? Does the older adult make demands beyond what I can provide?                          |
| <input type="checkbox"/> | <b>I don't get the help I need from others.</b>    | <b>Ask yourself:</b> Do I have regular and reliable support such as family, friends, or neighbors to help with the caregiving or to give me a break? Do I have someone to talk to for emotional support?      |
| <input type="checkbox"/> | <b>My finances have been strained.</b>             | <b>Ask yourself:</b> Are the costs of caregiving, such as medications, in home care needs, or time missed from work, creating financial concerns?   |
| <input type="checkbox"/> | <b>Caregiving is distracting me from my job.</b>   | <b>Ask yourself:</b> Am I struggling to balance work, family, and caregiving obligations? Am I able to get done what I need to do at work? Can I focus on work while I am working?                            |
| <input type="checkbox"/> | <b>Other:</b><br>_____<br>_____                    | <b>Ask yourself:</b> Is there something else, such as grieving a recent loss, a new diagnosis, or transportation to appointments that is causing stress?<br>_____   |