

Do You Have Caregiver **Burnout**?

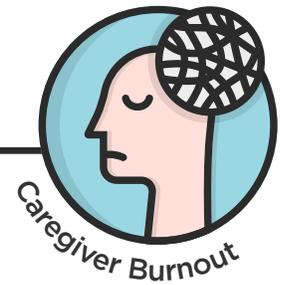
Take this quiz to see if you're suffering from caregiver burnout and learn what you can do about it.



		YES	NO
MENTAL	During the past few weeks I have ...		
	• Had trouble concentrating.	<input type="radio"/>	<input type="radio"/>
	• Had problems making decisions.	<input type="radio"/>	<input type="radio"/>
	• Felt completely overwhelmed.	<input type="radio"/>	<input type="radio"/>
	• Worried that I'm not doing enough for my loved one.	<input type="radio"/>	<input type="radio"/>
PHYSICAL	During the past few weeks I have ...		
	• Had sleep disturbed because of caregiving.	<input type="radio"/>	<input type="radio"/>
	• Been either overeating or have no appetite.	<input type="radio"/>	<input type="radio"/>
	• Felt ill (headaches, stomach problems, back pain, common cold).	<input type="radio"/>	<input type="radio"/>
	• Felt weary or tired.	<input type="radio"/>	<input type="radio"/>
EMOTIONAL	During the past few weeks I have ...		
	• Been edgy or irritable.	<input type="radio"/>	<input type="radio"/>
	• Felt lonely and/or isolated.	<input type="radio"/>	<input type="radio"/>
	• Had one or more crying spells.	<input type="radio"/>	<input type="radio"/>
	• Felt angry or resentful around my loved one.	<input type="radio"/>	<input type="radio"/>
RELATIONAL	During the past few weeks I have ...		
	• Been upset my loved one has changed so much from their former self.	<input type="radio"/>	<input type="radio"/>
	• Felt I couldn't leave my loved one alone.	<input type="radio"/>	<input type="radio"/>
	• Felt unsupported by my family.	<input type="radio"/>	<input type="radio"/>
	• Found my loved one's living situation inconvenient or a barrier to care.	<input type="radio"/>	<input type="radio"/>
PERSONAL	During the past few weeks I have ...		
	• Felt like I have no privacy.	<input type="radio"/>	<input type="radio"/>
	• Felt like I have no time to myself.	<input type="radio"/>	<input type="radio"/>
	• Felt strained trying to balance work and family responsibilities.	<input type="radio"/>	<input type="radio"/>
	• Not been able to spend time with my friends because of caregiving.	<input type="radio"/>	<input type="radio"/>

What's Your 'Yes' Score?

How many times did you answer yes?



5 or Less: Little to No Burnout

It sounds like you're managing the demands of caregiving fairly well right now. But caring for a loved one is a long-term commitment, so put practices into place now to help you down the road.

Things you can do:

Monitor your emotions and start dealing with them instead of pushing them aside. Take care of your health by eating, staying hydrated and taking a break. Recognize your limits, learn to say no, and have a plan for self-care so you'll be able to continue being an effective caregiver.



Stay healthy.



It's OK to say **no**.



Feel emotions.

6-10: Flirting with Burnout

You may feel like you're "just having a moment," but be aware that this stage can be a tipping point for many people. If you don't deal with the building stress, your risk for full-blown burnout is much higher.

Things you can do:

This may be a good time to evaluate how much longer you can realistically care for your loved one. Will you be physically, mentally, emotionally and financially able to provide long-term care? Home services or senior living may be a better way to provide the kind of care your loved one needs, so start having that conversation with your family.



Talk it out.

11-15: Mild to Moderate Burnout

Your body and your emotions are trying to tell you something – you’re doing too much. You’re so busy taking care of someone else that you’ve neglected yourself. The mental and physical stress caregivers are under makes them more prone to chronic conditions and even premature death.

Things you can do:

Talk to your doctor about your well-being. Join a caregiver support group so you have an outlet with people who understand. Ask for help with things like running errands, or see if a friend can bring you dinner so you don’t have to cook. You can also explore respite options at senior living communities so you can have a break.

Ask for help.



Your well-being matters.



16-20: Severe Burnout

You’ve pushed your limits too far. At this point, your welfare and that of your loved one are at serious risk. You’re at risk of depression, anxiety, heart attack or stroke. Caregivers at this stage of burnout aren’t able to provide adequate physical and emotional care. And that means you risk neglecting your loved one.

Things you can do:

Your top priority right now should be you.

If you haven’t done so already, talk with your doctor about your physical and mental health. Join a caregiver support group. Make arrangements for alternative sources of care until you can restore balance to your own well-being. And consider researching senior living options for your loved one so they can get round-the-clock care – and you can start healing.



You’re at risk.



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