

Caregivers are often so concerned with caring for their loved ones needs that they lose sight of their own wellbeing. We have prepared a list of questions to help you evaluate your situation. Please take a moment and see how you are doing in your role as caregiver.

- 1. I occasionally have trouble keeping my mind focused on what I am doing Yes No
- 2. Sometimes I feel overwhelmed by everything that is happening Yes No
- 3. I often times feel conflicted with work, caregiving duties, and my personal life..... Yes No
- 4. I generally feel unappreciated and even taken advantage of by my loved one Yes No
- 5. I find it hard to make time for things I enjoy doing outside of my caregiving role..... Yes No
- 6. I frequently feel like I am all alone on this caregiving journey Yes No
- 7. My sleep patterns have changed and I rarely feel fully rested Yes No
- 8. Being irritable or easily upset has become my new normal Yes No
- 9. I wish my family members and friends would help with my loved ones care..... Yes No
- 10. Sometimes I feel like my loved one is deliberately irritating me with their actions Yes No
- 11. My resistance is down and I find myself catching colds, the flu and other illnesses..... Yes No
- 12. I feel guilty if I do things for myself instead of spending time with my loved one Yes No
- 13. I worry or get anxious when I leave my care-receiver alone..... Yes No
- 14. I love my care-receiver and want to make good decisions, but I don't always know how to help Yes No

Being a caregiver is not an easy task. It can take a toll on a caregiver's physical, mental and emotional well-being.

If you answered yes to 10 or more of these questions you might consider:

- Make a doctor's appointment and have a physical examination
- Join a Powerful Tools for Caregiver's class in your area or online.
- Take a respite break from your caregiving responsibilities
- Join a support group of other caregivers

Become a part of the Martinwood caregiver network

