

alzheimer's  association®

# CAREGIVER STRESS CHECK

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WHAT YOU NEED TO KNOW TO STAY HEALTHY



## CAREGIVER STRESS CHECK

Do you regularly:

Feel like you have to do it all yourself and that you should be doing more? ☐ Yes ☐ No

Withdraw from family, friends and activities that you used to enjoy? ☐ Yes ☐ No

Worry about the safety of the person you care for? ☐ Yes ☐ No

Feel anxious about money and health care-related decisions? ☐ Yes ☐ No

Deny the impact of the disease and its effects on your family? ☐ Yes ☐ No

Feel grief or sadness that your relationship with the person isn't what it used to be? ☐ Yes ☐ No

Feel frustrated or angry when the person continually repeats things and doesn't seem to listen? ☐ Yes ☐ No

Experience health problems that are taking a physical or mental toll? ☐ Yes ☐ No

If you answered "yes" to any question, you may be experiencing caregiver stress. Identifying this stress is the first important step so that you can work toward managing your own health by consulting your doctor and taking advantage of Alzheimer's Association® resources.

## AROUND-THE-CLOCK INFORMATION AND SUPPORT



- » **24/7 Helpline**  
800.272.3900
- » **Online Caregiver Resources**  
[alz.org/care](https://alz.org/care)
- » **Alzheimer's Association & AARP  
Community Resource Finder**  
[alz.org/CRF](https://alz.org/CRF)

## ALZHEIMER'S ASSOCIATION SERVICES AND RESOURCES

- » Confidential information and support.
- » In-depth care consultations.
- » Caregiver support groups.
- » Education programs specifically for caregivers.
- » Helpful online tools.
- » Referrals to local resources.



**alz.org/care**

Access reliable information and resources, including:

- » Alzheimer's Navigator® – Assess your needs and create customized action plans.
- » Community Resource Finder – Find local resources.
- » ALZConnected® – Connect with others affected by dementia.
- » Safety Resources – Access information and tips.



**alz.org/CRF**

We're in communities nationwide.



**800.272.3900**

24/7 Helpline – Available all day, every day.

**alzheimer's  association®**

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

**Our vision is a world without Alzheimer's disease®.**

**800.272.3900 | alz.org®**

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