Stress From Caregiving

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As caregiving for the elderly continues to increase, in the future almost everyone will either care for or know someone who's caring for an elderly relative. Adult caregivers can find the task exhausting and overwhelming taking a toll on their physical and emotional health.

Experts say it's important to remember to take care of yourself first. Eat nutritious meals and get enough sleep. Exercise often and get regular medical checkups. If you begin to experience symptoms of depression such as deep sadness, hopelessness, or have trouble concentrating, speak to a doctor right away.

When possible, involve other family members in the caregiving process. Make a list of things that need to be done, including household chores, paying bills, shopping, home repairs, and more. Also, ask friends and family to help by giving you a break to take time for yourself. Some communities have respite programs that give caregivers a few hours off to do things like shop, exercise, and attend special events.

The quality of care you provide can only improve with the quality of care you provide for yourself!

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