

# Managing Stress

CPG

Caregiver Pocket Guide

## Why is caregiving so stressful?


- ▶ Expectations: You are often managing multiple relationships and changing levels of expectations from others
- ▶ Physical or behavioral issues: You may experience physical attacks or behavioral issues that are hard to manage
- ▶ Health or other limitations: You may have your own health issues or physical limitations that impact your ability to provide care
- ▶ Financial concerns: You may find that resources are costly and eligibility for services are limited

## Signs of caregiver stress

- ▶ denial
- ▶ depression
- ▶ lack of concentration
- ▶ anger
- ▶ exhaustion
- ▶ health problems
- ▶ social withdrawal
- ▶ sleeplessness
- ▶ irritability

## How to manage caregiver stress

- ▶ Ask for help. Seek the assistance of home health, adult day care or respite services when necessary.
- ▶ Don't take the individual's behavioral issues personally. Learn how to meet their immediate needs and suggest pastime activities.
- ▶ Take care of yourself. Eat well. Sleep. Don't ignore your emotions.
- ▶ Exercise. Meditate. Pray. Laugh. Do things you enjoy.
- ▶ Find a support group. Visit friends and relatives.
- ▶ Learn as much as you can about the disease.

 AGEducate

<http://ageducate.net>

<http://gwep.med.ucla.edu>

For additional information on aging, visit <http://cdc.gov/aging/aginginfo/>



For 24/7 nurse advice for Inland Empire Health Plan (IEHP) members, call 1-888-244-IEHP (4347)

Other helpful numbers:

Poison Control: 311 or 1-800-876-4766

Adult Protective Services: 800-491-7123

Important: This is a non-comprehensive list and is not meant to substitute for medical advice. Please consult your health professional.

**For Emergencies Call 911**