

Caregiving Stress Tip Sheet

Negative effects of caregiver stress

Caregiving can cause negative symptoms and long term effects. Below are some signs of stress and are quite common for caregivers:

- Mood swings
- Exhaustion
- Drinking heavily
- Depression
- Overeating or not eating enough
- Sleeping too much or too little
- Neglecting responsibilities
- New or worsening health problems
- Feeling resentful
- Foggy thoughts, trouble concentrating

Take the Quiz: Caregiver Stress

Place the number in the white box that applies to you

Everyday = 1 Often = 2 Sometimes=3 Seldom or Never=4

How common is it for you to get 7 hours or more of rest?

How often do you have feelings of joy and happiness?

How often do you engage socially with things that bring you joy?

How often do you feel you have the energy for daily tasks?

How often are you patient with the person you are caring for?

Results

Total=

Caregiver stress can be described as a scale. If your answers resulted in high scores, 15-20 points, you may be experiencing high levels of caregiver stress. It is important that you and your family come up with a strategy to relieve stress related to caregiving. Don't worry. You are not alone, there are services to help.

Taking Care of Ourselves

- Have a support system
- Involve your loved one in their care
- Set realistic goals
- Access the services available
- Make time for yourself

Smart Goals

Set Goals That Are smart!

S	Specific	Set goals related to your care that follows the 5 principals of a smart goal, for example: <i>I will call my friend at 1:00pm for support once a day for a week.</i>
M	Measurable	
A	Attainable	
R	Reasonable, rewarding	
T	Time-Based	

Who Do I Call if I Need Help?

Across Ontario there are agencies that provide services to help caregivers and their loved ones live at home and keep connected with their communities. The following are just a few to help you connect with local services in your area. Remember you can always call [211](tel:211) to speak with a professional that can refer you to specific community health and social service based on your needs.

Local Health Integration Networks.....310 2222

LHINs arrange all government-funded home care, community services for seniors living at home and applications and admission to long-term care homes. CCACs are responsible for deciding who receives care, the level of care needed and for how long.

Hospice Palliative Care Ontario1 800 349 3111

Hospice palliative care is aimed at relieving suffering and improving the quality of life for persons who are living with, or dying from advanced illness, or are bereaved. Palliative care meets not only physical needs, but also psychological, social, cultural, emotional and spiritual needs of each person and their family.

Ontario Community Support Association.....1 800 267 6272

Home and community support services help people function independently, when dealing with a disability, illness or limitations due to aging. To find services near you, visit the [Carefinder](#) to learn more about: Adult Day Programs, Attendant Services, Meals on Wheels, Supportive Housing, and Transportation.

Retirement Homes Regulatory Authority (RHRA)1 855 275 7472

Retirement homes are privately owned. They rent private accommodation to seniors who can live with little or no outside help. To help you find a list of retirement homes in the area you wish to live call the RHRA.

Alzheimer Society Ontario.....1 800 879 4226

The Alzheimer Society can help you by providing information, resources, education, support and counseling.

24 Hour Support Lines

Drug and Alcohol Helpline.....1 800 565 8603

Mental Health Helpline.....1 866 531 2600

Seniors Safety Line.....1 866 299 1011