

## Caregiver Burnout Warning Signs

### Common Warning Signs of Caregiver Burnout:

1. Extreme fatigue, lack of concentration and insomnia
2. Depression and loss of the ability to cope with everyday things
3. Denial about the severity/outcome of illness
4. Misdirected anger towards others, including the patient
5. General irritability
6. Mood swings
7. Withdrawal from activities and friends
8. Lack of appetite
9. Expression of anxiety about the future
10. General health problems

### Burnout Quiz

Circle the appropriate answer.

I can't get enough rest.	Seldom	Sometimes	Often	Usually
I don't have enough time for myself.	Seldom	Sometimes	Often	Usually
I don't have time to be with other family members other than the person that I care for.	Seldom	Sometimes	Often	Usually
I feel guilty about my situation.	Seldom	Sometimes	Often	Usually
I don't get out much anymore.	Seldom	Sometimes	Often	Usually
I have a conflict with the person I care for.	Seldom	Sometimes	Often	Usually
I have conflicts with other family members.	Seldom	Sometimes	Often	Usually
I cry every day.	Seldom	Sometimes	Often	Usually
I worry about having enough money to make ends meet.	Seldom	Sometimes	Often	Usually
I don't feel that I have enough knowledge or experience to give care as well as I would like.	Seldom	Sometimes	Often	Usually
My own health is not good.	Seldom	Sometimes	Often	Usually

If the responses to one or more of the statements listed here is Often or Usually, it may be time to begin looking for help with caring for the care-receiver and help in taking care of yourself.

