

## WHEN IS IT TIME TO GET HELP?

### SIGNS OF CAREGIVERS STRESS

1. DENIAL about the disease and its effect on the person who has been diagnosed.
2. ANGER at the person with Alzheimer's disease and others who do not understand what is happening.
3. SOCIAL WITHDRAWAL from friends and activities that once brought you pleasure.
4. ANXIETY about facing another day and what the future will hold.
5. DEPRESSION affecting your spirit and your ability to cope.
6. EXHAUSTION making it difficult or impossible to complete daily tasks.
7. SLEEPLESSNESS caused by constant worry and concern.
8. IRRITABILITY leading to negative responses and reactions.
9. LACK OF CONCENTRATION making it difficult to perform familiar tasks.
10. HEALTH PROBLEMS begin to take their toll both physically and mentally,