

Caregiver Stress

Akiko Takeda, LMFT
Little Tokyo Service Center

Why is caregiving so stressful?

Rewarding but Stressful

Long-Term Challenge

- Years or even Decades of Caregiving Responsibilities

Dementia--- Progressive disease

Managing Your Stress Levels

If no physical and emotional support
→ Depression, Anxiety, Burnout

Balance: Manage Your Stress Levels
Manage Your Loved One's Routines

Plenty of Things You Can Do to Ease
Your Stress Levels

Signs and Symptoms of Caregiver Stress

Anxiety, depression, irritability

Feeling tired and run down

Difficulty sleeping

Overreacting to minor nuisances

New or worsening health problems

Trouble concentrating

Feeling increasingly resentful

Drinking, smoking, or eating more

Neglecting responsibilities

Cutting back on leisure activities₃

How You Can Manage Your Stress

Empowering Yourself

- Focus on what you can control
- Celebrate small achievements
- Embrace your caregiving choice
- Get the appreciation you need

Take Care of Yourself

- Ask for help
- Give yourself a break
- Take care of your health
- Join a support group

Feeling Empowered

- **Focus on the things you can control**

- ❖ What Things Can You Control?

- Scheduling your daily, weekly and monthly calendar for both of you and your loved one
- Make list of your loved one's favorite things to do
- Providing stimulation for your loved one
- Have your loved one feel happy and safe/secure

- ❖ What Things You Cannot Control?

- Cure illness
- Symptoms of illness
- Getting help from unwilling family members

Feeling Empowered

- **Celebrate Small Achievements**
 - ❖ Making Your Loved One Feel Safe, Comfortable, and Loved.
- **Embrace Your Caregiving Choice**
 - ❖ Think about the positive reasons behind your choice

Feeling Empowered

- **Get the Appreciation You Need**
 - ❖ Imagine How Your Loved One Would Respond...
 - If They Weren't Ill, They Would Express Gratitude to You.
 - ❖ Applaud Your Own Efforts
 - Remind Yourself that You are Doing a Good Job!
 - ❖ Talk to a Supportive Family Member or Friend

Taking Care of Yourself



Ask for Help

- Look for Respite Care and Programs
 - Friends and Family -- Run Errands and “Baby-Sit” your Loved One
 - In-Home Services – Paid and Voluntary
 - Adult Day Health Care Centers

Ask for Help

- Set Up a Regular Check-In
 - Utilize Social Workers or Ask a Family Member/Friend to update & coordinate with other family members
- Say “Yes” When Someone Offers Assistance

Give Yourself a Break

- As a busy caregiver, leisure time may seem like an impossible luxury.
- Give yourself permission to rest and to do things that you enjoy on a daily basis. You will be a better caregiver for it. (helpguide.org)
 - Prioritize activities that bring you enjoyment.
 - Find ways to spoil yourself.
 - Make yourself laugh - Find Humor.
 - Get out of the house.

Take Care of Your Health



Join a Support Group

Little Tokyo Service Center

South Bay/ Little Tokyo/ San Fernando Valley

- South Bay (Last Sat): Akiko (310) 819-8659
- Little Tokyo (4th Thurs): Kiyoko (213) 473-3035
- SFV (1st Sat): Jun (213) 473-3035

Alzheimer's Greater Los Angeles: (844)
435-7259

References

- Caregiver Stress and Burnout: <https://www.helpguide.org/>
- Caregiver Stress: Tips for Taking Care of Yourself: www.mayoclinic.org
- Caregiver Stress: www.alz.org
- Caregiver Stress Coping: <https://www.caregiverstress.com>
 - “Caregiver Blog”
- Little Tokyo Service Center:
 - DT office: (213) 473-3035
 - South Bay Office: (310) 819-8659