Caregiver Stress

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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

<table>
<thead>
<tr>
<th>Sign or Symptom</th>
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<tbody>
<tr>
<td>Anxiety, depression, irritability</td>
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<tr>
<td>Feeling tired and run down</td>
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<td>Difficulty sleeping</td>
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<tr>
<td>Overreacting to minor nuisances</td>
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<td>New or worsening health problems</td>
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<td>Trouble concentrating</td>
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<tr>
<td>Feeling increasingly resentful</td>
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<td>Drinking, smoking, or eating more</td>
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<td>Neglecting responsibilities</td>
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<td>Cutting back on leisure activities</td>
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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
- Give Yourself a Break
- Take Care of Your Health
- Join a Support Group
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

- Exercise
- Healthy Life!
- Go to Your Check-ups
- Meditation
- Eat Well-Balanced Meals
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