

CAREGIVER BURNOUT: IS YOUR FLAME ABOUT TO FIZZLE?

Caregiving is difficult and exhausting work. Family caregivers frequently report experiencing high levels of stress. It can be overwhelming to take care of an aging loved one, and too much stress can be harmful to both of you.

Feeling overwhelmed and unable to take another step forward? You may be experiencing burnout. Take this quiz to find out if your flame is about to fizzle.

	TRUE, this describes my situation most of the time	FALSE, this isn't the case in my situation
1. I feel emotionally drained because of my caregiving duties.	yes	no
2. I've developed a negative attitude.		
3. I feel stressed out more often than not.		
4. I have more medical problems as a result of being a caregiver.		
5. I feel more depressed and/or anxious than before I became a caregiver.		
6. I'm not successful as a caregiver.		
7. I have trouble sleeping at night.		
8. I feel all alone—no one helps me.		
9. I have trouble making time for myself and taking a break.		
10. I feel trapped in my caregiver role.		
11. I feel hopeless and as if there is no help for my situation.		
12. I've become angry & frustrated and sometimes take my anger & frustration out on the person I care for.		