

# CARER STRESS & BURNOUT

## Look after yourself

Looking after someone living with dementia can be extremely stressful. Caring for a loved one can quickly lead to exhaustion and poor mental and physical health. It is important to look after yourself, regularly check in and be mindful of the effects of being a carer is having on your overall wellbeing.

### Some questions to ask yourself

- 1) Do you feel resentful that you don't have enough time for yourself?
- 2) Do you feel stressed trying to juggle caring for your loved one and trying to meet work, family or social responsibilities?
- 3) Do you feel embarrassed about your loved one's behaviour?
- 4) Do you feel impatient or angry when you are around your loved one?
- 5) Do you feel your loved one negatively affects your relationships with others?
- 6) Are you worried about the future?
- 7) Has your health deteriorated since you began looking after your loved one?
- 8) Do you feel your social life has suffered?
- 9) Are you worried about your finances?
- 10) Do you wish you could leave the care of your loved one to someone else?

### If you answered yes to any of these questions, you are not alone and you have options

- ✿ Express your feelings with a trusted family member, friend or colleague
- ✿ Ask for help. It is OK, and necessary, to do so
- ✿ Consult your GP about ways to help yourself
- ✿ Inform yourself about dementia.  
The more you understand, the easier life will be on yourself and your loved one. Start by visiting [www.dementia.org.au](http://www.dementia.org.au) or call 1800 100 500
- ✿ Get advice for respite and other forms of carer support from [www.carergateway.gov.au](http://www.carergateway.gov.au) or call 1800 422 737
- ✿ Plan ahead for assistance at home, respite care and permanent residential care depending on your needs and circumstances at [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or call 1800 200 422

At St Luke's Care, our specially trained dementia support team is here for you and your loved one. We have many programs including home care, residential aged care, respite care and social and community programs.



## ST LUKE'S CARE

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