

CAREGIVER STRESSORS

- Feelings of helplessness;
- Irritability/ Anger;
- Anxiety /Depression/ Sadness;
- Denial;
- Social withdrawal/Isolation;
- Sleeplessness;
- Exhaustion; Lack of concentration;
- Financial worries;
- Health problems: Hypertension; weight gain; worsening of existing health problems due to lack of time or too much effort to seek care

SIGNS/SYMPTOMS OF DEPRESSION

- Persistent sadness, hopelessness, irritable mood;
- Slowing down in mind/body OR increased agitation/restlessness
- Frequent tearfulness
- Increased anxiety about finances or health problems;
- Feelings of low self-esteem, worthlessness or undue guilt;
- Weight changes-loss or gain
- Sleep disturbances (not bladder related);
- Problems with remembering, making simple decisions or concentrating;
- Physical symptoms such as pain or GI disturbances;
- Loss of interest/pleasure in activities once enjoyed;
- Thoughts of death or suicide

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