

Are you a caregiver for someone with Alzheimer's or dementia? Do you feel overwhelmed? You may be putting your own health at risk. Take our Caregiver Stress Check and get resources that can help.

1. Feel like you have to do it all yourself and that you should be doing more

Yes No

2. Withdraw from family, friends and activities that you used to enjoy

Yes No

3. Worry that the person you care for is safe

Yes No

4. Feel anxious about money and healthcare decisions

Yes No

5. Deny the impact of the disease and its effects on your family

Yes No

6. Feel grief or sadness that your relationship with the person isn't what it used to be

Yes No

7. Get frustrated and angry when the person with dementia continually repeats things and doesn't seem to listen

Yes No

8. Have health problems that are taking a toll on you mentally and physically

Yes No