



Strength
at Your Side

Caregiver Fatigue

As a caregiver you need to care for yourself in order to care for your loved one. Here are some warning signs you may begin to feel or experience along with some prevention tips.

WARNING SIGNS

- Difficulty taking care of daily tasks
- Overwhelming fatigue or a lack of energy
- Sleeping problems
- Changes in eating habits
- Withdrawal or loss of interest
- Feel of hopelessness
- Loss of own lifestyle
- Neglect of own emotional and physical needs (lower resistance to illness)
- Changes in coping abilities (becoming irritable, angry)
- Sadness or mood swings

PREVENTION

- Ask for help from the Unity Social Worker, family members, friends, church, neighbors, support groups or the Aging and Disability Resource Center in your area.
- Take care of yourself physically, emotionally and spiritually
- Practice good nutrition (drink water, healthy diet)
- Try to get adequate rest
- Find time for yourself throughout the day (take a short walk, allow yourself 10 minutes to spend in a quiet room doing something you like)
- Make a list of tasks and delegate
- Take family leave from work if appropriate
- Use a respite benefit if applicable (talk to your Unity social worker about this)
- Utilize a Unity volunteer
- Reach out to your Unity team

“Sometimes asking for help is the most meaningful example of self-reliance.”
—Cory Booker

“Whenever we begin to feel as if we can no longer go on, HOPE whispers in our ear to remind us that we are strong.”
—Robert Hensel

“Caregivers are often the casualties; the hidden victim. No one sees the sacrifices they make.”
—Judith London

Call Unity 24/7 at **920.338.1111** or **800.990.9249**

If there is no answer and the phone continues to ring, call **920-490-7418**.