

CAREGIVER STRESS

CHRONIC STRESS

A consistent sense of feeling pressured and overwhelmed over a long period of time.



ACUTE STRESS

A state of worry or mental tension caused by a difficult situation.



RISK FACTORS

- Caregiver's age
- Amount of care
- Female caregivers
- Cognitive impairment
- Behaviors
- Duration of care
- Female caregivers
- Relationship to care recipient

SYMPTOMS

- Aches and pains
- Trouble sleeping
- High blood pressure
- Muscle tension or jaw clenching
- Stomach or digestive problems
- Weakened immune system
- Anxiety
- Depression

