

Warning Signs for Caregivers

The strain of caregiving can lead to exhaustion – physically, mentally, emotionally, and spiritually. Such exhaustion, sometimes called “burnout”, can cause compassionate, involved caregivers to feel detached and become unable to continue giving good care.

The following is a list of warning signs.

- Withdrawal from friends, family, and other loved ones
- Loss of interest in activities previously enjoyed
- Feeling blue, irritable, hopeless, and helpless
- Changes in appetite, weight, or both
- Changes in sleep patterns
- Getting sick more often
- Feelings of wanting to hurt yourself or the person for whom you are caring
- Feeling emotionally and physically exhausted
- Irritability

Help is available. If your safety or the safety of someone else is at risk, call 911 for emergency assistance.

Suncoast Hospice can offer guidance and support as you adjust to the changes in your life. In addition to a listening ear, we can provide information about services and resources available to help you. Call Suncoast Hospice at (727) 586-4432.

To find a hospice near you, contact the National Hospice & Palliative Care Organization help line at (800) 658-8898, or visit www.nhpco.org.

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