

<p>Caring for a loved one while also caring for yourself can be tough.</p> <p>Getting connected to resources and support when you first begin caring for a loved one can really help.</p> <p>Self-care is a necessity, not a luxury.</p>	<p><b>General Health Guidelines:</b></p> <ul style="list-style-type: none"> <li>• Find ways to take a break</li> <li>• Eat a healthy diet</li> <li>• Exercise or walk when possible</li> <li>• Ask for help from friends and family</li> <li>• Get enough sleep</li> </ul>
<p><b>Green Flags – On the Right Track</b> 🚩</p>	
<p><b>If you have:</b></p> <ul style="list-style-type: none"> <li>• A positive outlook on caregiving most days</li> <li>• Time to yourself to do things you enjoy</li> <li>• Moments you feel happy while caregiving</li> <li>• Time to take care of your own medical needs</li> </ul>	<p><b>What this might mean:</b></p> <ul style="list-style-type: none"> <li>• You are finding ways to balance being a caregiver with taking care of yourself</li> <li>• You are able to see the positive parts of being a caregiver</li> <li>• You feel supported in your caregiving role</li> </ul>
<p><b>Yellow Flags – Caution</b> 🚩</p>	
<p><b>If you:</b></p> <ul style="list-style-type: none"> <li>• Feel “edgy” or irritable</li> <li>• Feel that you are unable to take time away from caregiving to do things you enjoy</li> <li>• Have trouble keeping your mind on what you are doing</li> <li>• Feel overwhelmed</li> </ul>	<p><b>You may benefit from:</b></p> <ul style="list-style-type: none"> <li>• Taking time to do something nice for yourself</li> <li>• Breaks from caregiving</li> <li>• Asking for help from friends or family</li> <li>• Talking with a doctor or counselor about stress in your life</li> <li>• Connecting to a support group for caregivers</li> </ul>
<p><b>If you notice a Yellow Flag, you may benefit from calling Information and Assistance to learn about caregiver support services at 360-694-8144.</b></p>	
<p><b>Red Flags—Stop and Think</b> 🚩</p>	
<p><b>If you:</b></p> <ul style="list-style-type: none"> <li>• Feel alone or hopeless</li> <li>• Feel uncertain about what to do with your loved one</li> <li>• Have thoughts of “running away” from your caregiving responsibilities</li> <li>• Are neglecting the needs of your loved one</li> <li>• Are ignoring your own health needs</li> </ul>	<p><b>You may benefit from;</b></p> <ul style="list-style-type: none"> <li>• An appointment with a physician or counselor</li> <li>• Ask family or friends for assistance with your caregiving duties</li> </ul> <p><b>If possible, notify your health care provider’s office:</b>          Physician: _____          Number: _____</p>
<p><b>If you notice a Red Flag, you may need a break from your caregiving duties or could benefit from support. Call your local Family Caregiver Support Program at 360-694-8144.</b></p>	

### Measure of Caregiver Burden: How are YOU?

Caregivers spend a lot of time taking care of their loved ones, which often means their own needs get neglected. The questions below are a helpful resource for understanding caregiver stress. Please take a moment to answer the following questions and indicate how often you experience the feelings described below by circling the number that best matches with how often you feel that way.

\*Please note that while the word “relative” is used in this tool. Your care receiver could be a relative, as well as a friend, or other individual for whom you provide care.

1. Do you feel that because of your relative that you don't have enough time for yourself?

<i>Never</i>	<i>Rarely</i>	<i>Sometimes</i>	<i>Quite Frequently</i>	<i>Nearly Always</i>
0	1	2	3	4

2. Do you feel stressed between caring for your relative and trying to meet other responsibilities (work, home, etc.)?

<i>Never</i>	<i>Rarely</i>	<i>Sometimes</i>	<i>Quite Frequently</i>	<i>Nearly Always</i>
0	1	2	3	4

3. Do you feel strained when you are around your relative?

<i>Never</i>	<i>Rarely</i>	<i>Sometimes</i>	<i>Quite Frequently</i>	<i>Nearly Always</i>
0	1	2	3	4

4. Do you feel uncertain about what to do about your relative?

<i>Never</i>	<i>Rarely</i>	<i>Sometimes</i>	<i>Quite Frequently</i>	<i>Nearly Always</i>
0	1	2	3	4

TOTAL SCORE: \_\_\_\_\_

A score of 8 or more indicates a high burden and that assistance may be helpful.

Regardless of your score, the Area Agency on Aging and Disabilities of Southwest Washington has programs to connect individuals like yourself, who are caring for an aging or disabled adult to services, education and supplies. Our goal is to make your caregiving life easier, while respecting the dignity of your loved one.

Call us at 360-694-8144 in Clark County or 360-577-4929 in Cowlitz and Wahkiakum Counties.

Bedard, M., Molloy, D. W., Squire, L., Dubois, S., Lever, J. A., & O'donnell, M. (2001). The Zarit Burden Interview: A New Short Version and Screening Version. *The Gerontologist*, 41(5), 652-657. doi:10.1093/geront/41.5.652

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