

The Divide Caregiver Support

Take a few minutes to assess your caregiver stress level. If any of these statements describe you, these are warning signs that you need to take care of yourself.

PHYSICAL

- ◆ Less energy
- ◆ Difficulty sleeping
- ◆ Sleep doesn't relieve exhaustion
- ◆ Little things take great effort
- ◆ Often ill with colds/flu
- ◆ Use medication or alcohol to relax

EMOTIONAL

- ◆ Lost sense of humor
- ◆ Mood swings and crying spells
- ◆ Feel sad, impatient, frustrated or resentful
- ◆ Worry about the future: feel overwhelmed

SOCIAL

- ◆ Feel little satisfaction in life
- ◆ Less desire for social contact
- ◆ Feelings of emptiness
- ◆ Family relationships are strained

SELF-CARE

- ◆ Disorganized
- ◆ No time for your own needs
- ◆ Unable to eat or rest, even when help is available

YOU'RE NOT ALONE

Come join us at The Divide Caregiver Support Group

Date: 2nd Tuesday of every month

Time: 2:30 pm - 4:00 pm

Location: Greenwood Community Center

Address: 4401 Hwy 193, Greenwood, CA 95635

For more information please contact:

El Dorado County Health and Human Services Agency

Family Caregiver Support Program at 530-621-6192

