

CAREGIVER'S GUIDE

When do you know it's time for long-term care?

- You have been hurt trying to lift or move your loved ones
- Your loved ones memory has declined to the point they display challenging behaviors
- You have put aside other responsibilities to make time to care for loved ones
- Your own health is declining
- Your relationships are suffering
- Your doctor has said it's time for nursing home placement
- Your loved ones have care needs that you really can't handle well, despite your best efforts
- You have tried other options to keep your loved ones at home and they are not providing enough assistance

Are you experiencing caregiver burnout?

- You feel increased irritation, frustration, or anger over small things
- You skip aspects of care to loved ones due to difficulty
- Your own mental health is declining due to increased anxiety, depression, or insomnia
- Your own physical health is declining

For more information, contact us at 217.732.2189.