

QUIZ: ARE YOU A CAREGIVER?

Those who don't identify with the role of a caregiver or take precautions to protect themselves from stress may not understand their risk for physical and psychological impact of caregiver distress.

A family caregiver can be someone caring for a spouse, a parent, an extended family member and, even, a friend or neighbor.

If you check "yes" to any of these 10 examples, you are a caregiver and should understand the need to protect yourself from the debilitating distress that could come with that role:



Yes No

- I take time off from work to accompany a loved one to doctor's appointment.
- I assist a loved one with grocery shopping and finances.
- My loved one calls me nearly every day with a question or problem.
- I reduced my work hours or took family leave to help ensure my loved one was well cared-for.
- I often call on behalf of my loved one to ask a question about a bill or to clear up confusion about a product or service.
- I've neglected time with my family and friends to help the loved one I am caring for.
- I haven't been able to take part in hobbies or recreational activities because of the time I spend caring for someone.

PASSAGES Caregiver Resource Center offers support and guidance. We provide a variety of services such as; resources and education to build confidence in caregiving skills and decision making, support groups to share experiences and ease the stress of caregiving and counseling for emotional support. For more information or if you're feeling overwhelmed contact us at 530.898.5925.