

AVOIDING CAREGIVER BURNOUT

STUDIES SHOW THAT MORE THAN

60%

OF CAREGIVERS EXPERIENCE SYMPTOMS OF BURNOUT.

IT MIGHT BE TIME TO CONSIDER ASSISTED LIVING IF YOU'RE:

- Feeling constantly exhausted
- Neglecting your own needs and responsibilities
- Drinking, smoking or eating more
- Feeling increasingly resentful
- Feeling hopeless or helpless

THE ROLE OF MEMORY CARE

People with dementia need around-the-clock attention, and this isn't feasible for most families. Memory care centers provide 24-hour support in a secure, compassionate environment.

VARENITA OF WESTLAKE OFFERS:

- Safety and security
- Memory floor plans
- Personalized attention
- Fun, enriching activities

TAKE BACK SOME POWER



Focus on the positives. This may be the most time you've spent with your loved one in years.



Balance your duties. Caregiving is a part of your life – it shouldn't be your entire life.



Work on the things you can control. Try practicing new methods of responding to stress.



Enlist help. If you don't have a strong support network, assisted living may be the right choice.

