

# Why am I so stressed?

## Caregiving Stressors Checklist

This checklist helps to name the caregiving tasks and challenges that are sources of your caregiver stress. Check all that apply to you. Also, this list can help you describe caregiving-related stress when seeking help from others.

<u>Caregiving Tasks</u>	<u>Source of Stress</u>
1. <b><u>Physical Care:</u></b> I feed, bathe, dress, groom, or help with walking or getting to the bathroom. I do necessary medical/nursing tasks.	
2. <b><u>Personal Affairs:</u></b> I manage medicine, finances, legal, insurance, care coordination or transportation concerns.	
3. <b><u>Household Affairs:</u></b> I cook, clean, shop, launder clothes, do home repairs or help with relocation.	
4. <b><u>Emotional or Social Support:</u></b> I help with behavior, moods, socializing or making decisions.	
<u>Caregiving Challenges</u>	
1. <b><u>Unprecedented:</u></b> Since COVID, I am juggling an <b>increasing set of responsibilities</b> with <b>too little support</b> and often with <b>inadequate preparation or skill</b> .	
2. <b><u>Unprepared:</u></b> I am <b>responsible</b> for coordinating care or providing complex medical/nursing care, yet <b>have no medical training</b> .	
3. <b><u>Unpredictable:</u></b> I have <b>no control</b> over if, or when medical <b>emergencies and crises</b> will occur.	
4. <b><u>Unrealistic:</u></b> I manage <b>caregiving on top of my other responsibilities</b> to work, family and home. My <b>“to-do” lists have too many things I have to do</b> .	
5. <b><u>Unsupported:</u></b> I receive <b>inadequate help</b> from family or friends; from healthcare, insurance, legal or social service systems. It’s <b>hard to get a break</b> from my responsibilities.	
6. <b><u>Upset:</u></b> I am grappling with <b>complicated emotions</b> , feelings of loss, anger, sadness, guilt, depression, or fear. I’m <b>unhappy with the “new normal”</b> that I have to live with.	
7. <b><u>Under-funded:</u></b> I may be <b>paying “out-of-pocket”</b> for caregiving supplies, services, or travel; <b>forging income</b> , or <b>spending my savings</b> . In general, caregiving is <b>hurting my finances</b> .	