



NOTICE STRAIN BEFORE THE BREAKING POINT

Caregiver Warning Signs



A private check-in for the person coordinating, visiting, calling, driving, reminding, and worrying—often all at once.



What have you noticed in yourself?

- ☐ Sleep is disrupted even when you have an opportunity to rest
- ☐ Irritability, dread, numbness, guilt, or frequent tears
- ☐ Missed appointments, forgotten tasks, or difficulty concentrating
- ☐ Changes in appetite, headaches, pain, or getting sick more often
- ☐ Withdrawing from work, friends, routines, or things that restore me



What has changed in the care role?

- ☐ The person now needs more physical or hands-on help
- ☐ Supervision feels constant or nighttime needs are increasing
- ☐ Family communication is unclear, tense, or uneven
- ☐ One person has quietly become the default for every decision

NOTES FOR OUR NEXT CONVERSATION





TURN OBSERVATIONS INTO THE NEXT USEFUL STEP

Continue the family conversation.



Build a relief plan

- ☐ Name one task another person can fully own
- ☐ Schedule a protected block of rest before the next crisis
- ☐ Ask the care team what can be simplified, delegated, or automated
- ☐ Explore respite, companion care, support groups, or counseling
- ☐ Set one boundary around availability, transportation, or decision-making



Reach for urgent help when

- ☐ You are afraid you may hurt yourself or someone else
- ☐ The person cannot be kept safe with the current plan
- ☐ Exhaustion is causing dangerous mistakes
- ☐ A medical or behavioral emergency is unfolding

QUESTIONS, NAMES, AND FOLLOW-UP

ONE USEFUL NEXT STEP

Complete this sentence without minimizing it: "The part I cannot keep carrying alone is _____."

