

- ◆ **Exhaustion starts to affect your ability to hold up your loved one, both physically and emotionally.**
- ◆ **You start to wonder how much longer you can keep doing this.**



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RESOURCES:

Senior Companion

1-800-856-4398

Wyoming Dept of Health

1-800-442-2766

Wyoming Guardianship

1-888-891-6686

Wyoming Legal Services

1-877-432-9955

Wyoming Long Term

Care Ombudsman

307-777-2885

A Caution To Caregivers



“This document was developed under Grant(s) from the Wyoming Department of Health, Aging Division, Community Living Section. These contents do not necessarily represent the policy of the Wyoming Department of Health, Aging Division, Community Living Section and should not be considered an endorsement by the state government.”

Caregiving can start out being a rewarding and manageable job but as time goes by, something happens:

- ◆ **You start to wonder when you might ever have a minute for yourself again.**
- ◆ **The person you are caring for gets tired and frustrated and looks to you for help for him/her to feel better.**
- ◆ **You start to feel guilty about wanting some time for yourself.**

- ◆ **You start to lose yourself, your needs, and your dreams and focus almost entirely on taking care of your loved one.**
- ◆ **The person you are taking care of forgets to verbalize their appreciation for the care you are providing and the sacrifice you are making.**
- ◆ **You try to make yourself believe that this is your job, it's not that bad and you should be able to do this.**

- ◆ **Before it gets to this point, please ask for help!**
- ◆ **Care giving can, and most likely will, affect your mind, your body, and your heart.**
- ◆ **No one can do this alone!**
- ◆ **Ask for help early and often.**

The more help you have, the longer and better you will be able to take care of your loved one.