

CAREGIVER STRESS CHECK

Caring for someone with memory loss can be overwhelming and stressful. Providing the best possible care requires you to be mentally and physically healthy. To gauge your level of caregiver stress, take the survey below developed by the Alzheimer's Association.

DO YOU REGULARLY...

1 FEEL LIKE YOU HAVE TO DO IT ALL YOURSELF AND THAT YOU SHOULD BE DOING MORE?

YES NO

2 WITHDRAW FROM FAMILY, FRIENDS, AND ACTIVITIES THAT YOU USED TO ENJOY?

YES NO

3 FEEL ANXIOUS ABOUT MONEY AND HEALTH-CARE RELATED DECISIONS?

YES NO

4 WORRY ABOUT THE SAFETY OF THE PERSON YOU CARE FOR?

YES NO

5 DENY THE IMPACT OF THE DISEASE AND ITS EFFECTS ON YOUR FAMILY?

YES NO

6 FEEL GRIEF THAT YOUR RELATIONSHIP WITH THE PERSON ISN'T WHAT IT USED TO BE?

YES NO

7 FEEL FRUSTRATED WHEN THE PERSON REPEATS THINGS AND DOESN'T SEEM TO LISTEN?

YES NO

8 HAVE HEALTH PROBLEMS TAKING A PHYSICAL OR MENTAL TOLL?

YES NO

If you checked "yes" to any question, you may be experiencing caregiver stress

Memory Supports and Resources



24/7 Helpline



Individualized
Care Navigation



Education
Programs &
Support Groups

800.272.3900

www.alz.org



Support
Groups



Early-stage
Social Programs

773.282.8445

www.irishchicago.org

Cognitive Assessment Providers

University of Chicago
Memory Center

www.thememorycenter-sites.uchicago.edu

773-834-4340

Northwestern Memory
Clinic

www.nm.org

312.695.9627

Advocate Memory Center

www.advocatehealth.com

773-834-4340

Rush Memory Clinic

www.rush.edu/services/memory-clinic

(312) 942-3333



Irish Community Services
4626 N. Knox Ave. #301
Chicago, IL 60630

773-282-8445
www.irishchicago.org
info@irishchicago.org

