

The Growing Crisis of Family Caregiver Burnout

Caring for an aging loved one is a labor of love, but it often comes with overwhelming emotional, physical, and mental demands.

- According to AARP, studies show that over **60%** of family caregivers experience symptoms of burnout, such as anxiety, depression, and exhaustion.
- The Family Caregiver Alliance reports caregivers are at a **23%** higher risk of experiencing health issues themselves due to chronic stress.

As a health care provider, you play a pivotal role in recognizing these struggles and offering solutions.



Questions to Ask Family Caregivers

Give caregivers the space to share their needs by asking thoughtful, open-ended questions...

1. "How are you feeling about managing your loved one's care?"
2. "Do you ever feel overwhelmed or like there's too much on your plate?"
3. "Are you finding enough time to care for yourself?"
4. "Would it help to have additional support for your loved one?"

Home Care is the Answer!

Home care services provide a much-needed lifeline for family caregivers by...

- Assisting with daily tasks like bathing, dressing, and meal preparation.
- Providing loved ones with personalized care and attention, giving families peace of mind.
- Allowing family caregivers to have the freedom to focus on their own health and wellbeing.



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