

Caregivers' Cove

Caregivers experience higher stress¹ than non-caregivers.

Caregivers feel stress from²

- being unsure about what to expect,
- changing roles towards your loved one,
- under financial pressures,
- lack of privacy,
- feeling isolated.

Adverse effects of stress¹ are

- depressed or anxious moods,
- weakened immunity and prone to illnesses,
- Unhealthy weight gain for some people,
- Problems with short-term memory or focusing.

Handling Caregiver Stress³

- Share frustrations with someone you trust,
- Learn from medical and professional workers to help your loved one,
- Arrange for others to help out practically,
- Organize and plan for routines,
- Join a support group,
- Take time-off for yourself.



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看护者港湾

看护者经历比非看护者更高的压力¹。

看护者压力的来源²:

- 不确定将面对的状况,
- 与家人的关系有所改变,
- 面对经济困难,
- 缺乏个人隐私,
- 感觉孤独。

应付看护者压力¹

- 和亲信的人分享您的烦恼,
- 向医药和专业人士学习如何照顾家人,
- 请别人给予实际的帮助,
- 安排和规划日常生活,
- 参加支持小组,
- 给自己休假。

压力的不良影响¹

- 感觉忧郁或焦虑,
- 身体抵抗力减低, 更容易生病,
- 有些人经历不健康的体重增加,
- 短期记忆或精神衰退。



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