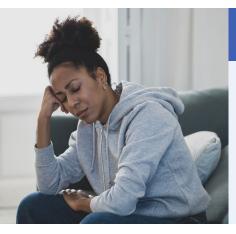
## Understand the Signs of

# CAREGIVER BURNOUT







**Over 53 million** Americans are unpaid caregivers



More than 50% feel they have experienced caregiver burnout

### Understanding the signs is the first step to getting the support you deserve.

Caregiver burnout feels different to each person, but some common symptoms include:

Semotional and physical exhaustion	Headaches or body aches
	✓ Irritability and frustration
Oenial about your loved one's situation	✓ Inability to concentrate
🧭 Changes in appetite, weight and sleep	Lack of interest in socializing or other activities



#### It's important to get help

Caregiver burnout can cause or worsen health issues.

Your medical team knows what's best for you, but here are some tips that might help. Consider taking notes next to each tip below.	
Talk with someone you trust and accept your feelings	
Set realistic goals	
□ Take care of your physical health	
Take regular breaks and practice simple self-care routines	
Ask for help	
Find out about available financial resources	
Learn about stress management techniques or ways to manage emotional strain	

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#### Consider looking into groups\* that may help caregivers cope:

- Local support groups and community events
- Resources from your employer
- Programs from the makers of the medicines your loved one is taking
- Online support:
  - Online support groups or forums
  - Findhelp.org
  - HelpforCancerCaregivers.org
  - Caregiver.org
  - CaregiverAction.org
  - ACL.gov/programs

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**References: 1.** Cleveland Clinic. Caregiver burnout. Reviewed August 16, 2023. Accessed February 6, 2025. https://my.clevelandclinic. org/health/diseases/9225-caregiver-burnout **2.** National Alliance for Caregiving. Caregiving in the U.S. 2020 Report. May 2020. Accessed February 6, 2025. https://www.caregiving.org/wp-content/uploads/2021/01/full-report-caregiving-in-the-united-states-01-21.pdf **3.** Office on Women's Health. Accessed February 6, 2025. https://owh-wh-d9-dev.s3.amazonaws.com/s3fs-public/documents/fact-sheet-caregiverstress.pdf **4.** Mayo Clinic. Accessed February 6, 2025. https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiverstress/art-20044784 **5.** Healthline. Accessed February 6, 2025. https://www.healthline.com/health/health-caregiver-burnout

From Genentech, the company that develops breakthrough medicines for serious illnesses.

