

Understand the Signs of

CAREGIVER BURNOUT



Caregiver burnout is common



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:

✓ Emotional and physical exhaustion

✓ Headaches or body aches

✓ Anxiety, fear or hopelessness

✓ Irritability and frustration

✓ Denial about your loved one's situation

✓ Inability to concentrate

✓ Changes in appetite, weight and sleep

✓ Lack of interest in socializing or
other activities

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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.

<input type="checkbox"/> Talk with someone you trust and accept your feelings	
<input type="checkbox"/> Set realistic goals	
<input type="checkbox"/> Take care of your physical health	
<input type="checkbox"/> Take regular breaks and practice simple self-care routines	
<input type="checkbox"/> Ask for help	
<input type="checkbox"/> Find out about available financial resources	
<input type="checkbox"/> Learn about stress management techniques or ways to manage emotional strain	



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-caregiver-stress.pdf> 4. Mayo Clinic. Accessed February 6, 2025. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/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.