

# REACTIONS TO CAREGIVING: WHAT YOU MAY BE FEELING



**CARE** *Patrol*™

Your Partner In Senior Care Solutions



## Finding the **Right Care** Option

Since 1993, CarePatrol has partnered with families to find the right care solution for their loved ones, including Assisted Living, Independent Living, Memory Care, In-Home Care, Nursing Homes and more.



**Considering senior care options?**

**We are your partner in the process.  
Contact us.**

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Caregiving can trigger a host of difficult emotions, including anger, fear, resentment, guilt, helplessness and grief. It's important to acknowledge and accept what you're feeling, both good and bad. Don't beat yourself up over your doubts and frustrations. These feelings don't mean that you resent your family member — they simply mean you're human.

### **What you may feel about being a family caregiver:**

**Anxiety and worry** — You may worry about how you will handle the additional responsibilities of caregiving and what will happen to your family member if something happens to you. You may also fear what will happen in the future as your loved one's illness progresses.

**Anger or resentment** — You may feel angry or resentful toward the person you're caring for, even though you know it's irrational. You might be angry at the world in general, or resentful of other friends and family members who don't have your responsibilities.

**Guilt** — You may feel guilty for not doing more, being a "better" caregiver, having more patience, accepting your situation with more equanimity, or in the case of long distance caregiving, not being available more often.

**Grief** — There are many losses that can come with caregiving such as the healthy future you envisioned with your spouse or child, the goals and dreams you've had to set aside and more. If the person you're caring for is terminally ill, you're also dealing with that grief.

Even when you understand why you're feeling the way you do it can still be upsetting. In order to deal with your feelings, it's important to talk about them. Don't keep your emotions bottled up. Find at least one person you trust to confide in.

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