

# WHY YOU SHOULD HAVE **YOUR OWN** LONG TERM CARE INSURANCE



## 10 COMMON SIGNS OF CAREGIVER STRESS

### **DENIAL**

about the disease and its effect on the person who has been diagnosed.  
*I know Mom is going to be better.*

### **ANGER**

at the person living with Alzheimer's or frustration that he or she can't do the things that once came naturally.  
*He knows how to get dressed - he's just being stubborn.*

### **SOCIAL WITHDRAWAL**

from friends and activities.  
*I don't care about visiting neighbors.*

### **ANXIETY**

about the future.  
*What happens when he needs more care than I can provide?*

### **DEPRESSION**

that affects your ability to cope.  
*I just don't care anymore.*

### **EXHAUSTION**

that interferes with daily tasks.  
*I'm too tired for this.*

### **SLEEPLESSNESS**

caused by worrying.  
*What if she wanders out of the house?*

### **IRRITABILITY**

that triggers negative responses.  
*Leave me alone!*

### **LACK OF CONCENTRATION**

that disrupts familiar tasks.  
*I was so busy.  
I forgot my appointment.*

### **HEALTH PROBLEMS**

that begin to take a mental and physical toll.  
*I can't remember the last time I felt good.*