

# When the Caregiver Breaks, Everyone Feels the Strain

*Spotting Burnout, Restoring Balance, & Protecting Seniors*



Family caregivers are the unsung heroes behind many seniors, but when they're overwhelmed, everyone is at risk.

Burned-out caregivers may unintentionally miss medications, overlook early health changes, or struggle to provide consistent support.

**This can lead to a higher risk of hospitalization, delayed interventions, or even elder neglect.**

## Watch for these Warning Signs of Burnout...

Warning Sign	Why It Matters	What You Can Do
Insomnia, fatigue, headaches	Increasing physical stress	Recommend respite care to give them a break.
Persistent guilt or frustration	Emotional overload	Offer caregiver coaching and peer-support groups.
Skipping medical appointments or meals	Self-care neglect	Connect them with in-home personal care services.
Forgetfulness, disorganization	Cognitive strain	Engage home care to monitor, report, and support.
Anxiety, pacing, isolation	Elevated stress or sleep issues	Refer to counseling and coordinated care planning.

## Home Care is a Lifeline for Families!

**Our caregivers restore balance in caregiving families by providing...**

- Respite support so family caregivers can rest, recharge, and attend to their own health needs.
- Daily personal care, such as bathing, hygiene, cooking, and medication reminders.
- Proactive monitoring for subtle changes in health, mood, or behavior.
- Family coaching on stress management, communication, and routines.
- Companionship to reduce isolation and support mental wellbeing.

Let's work together to prevent burnout and keep both the caregiver and senior thriving.  
Reach out today for a no-cost caregiver support consultation!



[www.assistinghandsdanapoint.com](http://www.assistinghandsdanapoint.com)

Serving South Orange County

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