

FREE FAMILY RESOURCE

Caregiver Burnout Checklist

A simple way to recognize when caregiving is becoming unsafe for the caregiver or the older adult.



Warning Signs

- ☐ Sleeping poorly or constantly exhausted
- ☐ Missing work or personal obligations
- ☐ Feeling angry, guilty, or trapped
- ☐ Avoiding friends, hobbies, or appointments

Health Impact

- ☐ Caregiver health is declining
- ☐ More alcohol, food, or medication use to cope
- ☐ Anxiety, depression, or frequent crying
- ☐ No reliable respite plan

Care Risks

- ☐ Medication or appointment mistakes
- ☐ Unsafe transfers or lifting
- ☐ Caregiver cannot leave the house
- ☐ Older adult left alone when unsafe

Next Steps

- ☐ Ask family for specific help
- ☐ Consider respite, adult day, or home care
- ☐ Review assisted living or memory care options
- ☐ Create an emergency backup plan

Free local senior care guidance for families

Questions about home care, assisted living, memory care, or care transitions? Contact Dave Hood at 508-965-0989 | caregiverbinder.net

Educational resource only. Not medical, legal, financial, or emergency advice.