Stages of Family Caregiver Burnout

Taking care of a loved one can cause physical, emotional, and mental exhaustion. Understand the progression of burnout and when to get help.

care advantage, inc.

Warning Stage: Early Symptoms



- Feeling more tired than usual.
- Occasionally irritable.
- Patience starting to thin.
- Life feels slightly off-balance.

TIP: Take notice; don't push through without a break.

Control Stage: Escalating Stress



- Manageable tasks now feel hard.
- Canceling plans with friends.
- Struggling to find "me time."
- Life feels increasingly consumed.

TIP: Prioritize self-care; start reaching out for help.

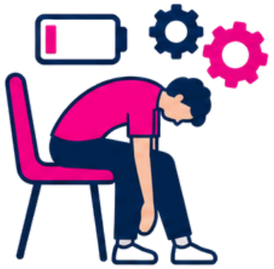
Survival Stage: Deep Fatigue



- Constant physical exhaustion.
- Emotional reserves are depleted.
- Life feels taken over.
- Feeling guilty or resentful.

TIP: Seek substantial support; investigate professional help.

Burnout Stage: Complete Depletion



- Physical and/or emotional collapse.
- Inability to show up for loved one.
- Severe detachment or numbness.
- Compromised care quality.

TIP: Urgent care is needed for you. Seek help immediately.

Ready for support by a professional Caregiver? Contact Care Advantage, Inc. today!

careadvantageinc.com (866) 821-5187