Caregiver burnout self-check and respite options

Signs you need more help, and the options that give caregivers a real break.

Self-check

- ☐ I feel exhausted most days
- ☐ I have stopped seeing friends or doing things I enjoy
- ☐ I am losing sleep worrying
- ☐ My own health appointments are slipping
- ☐ I feel resentful or guilty often
- ☐ My loved one's needs are more than one person can safely handle

Ways to get a break

- Respite stays in assisted living or memory care (days to weeks)
- Adult day programs
- In-home care a few hours a week
- Caregiver support groups
- Your local Aging and Disability Resource Center (find yours) or the Florida Elder Helpline: 1-800-96-ELDER (1-800-963-5337)

Alzheimer's Association 24/7 Helpline: 1-800-272-3900.

General information only, not medical, legal or financial advice. Programs and amounts change; confirm with the official source or a qualified professional. Novita Way LLC serves families in Pinellas, Hillsborough, Pasco and Manatee counties, Florida. Placement help is free to families.