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Caregiver Syndrome: Fact or Myth?

Caring for someone can have a detrimental effect on your own health.

Are you caring for a family member? Have you noticed a change in your behavior or health? It can be due to caring for an aging or seriously ill loved one, and is known as caregiver syndrome. According to CNN's article *Exhaustion, Anger of Caregiving Get a Name*, "...one out of every four American families cares for someone over the age of 50." Often caregivers do not seek help because caregiver syndrome is not a widely recognized condition. According to the National Consensus Development Conference on Caregiving, common psychological symptoms of caregiver syndrome are anxiety, anger and depression. Prolonged exposure to the chronic stress of caring for someone can lead to a compromised immune system, high blood pressure and diabetes. Often the problems people experience at home can lead to problems at work, such as attendance, productivity, concentration, etc. You may be experiencing these symptoms and feel that you are alone and are not sure where to turn. You are not alone in feeling the way that you do. You can turn to your employee assistance program.

At EAP Lifestyle Management, LLC we are here to help those dealing with caring for a family member. If you would like to come in and talk to someone, we can schedule an appointment for you. If you are looking for eldercare resources, we can help you with that too.

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For more information on the services that EAP Lifestyle Management, LLC can provide for you, or to schedule an interview with Patricia Vanderpool, LPC, CEAP, SAP on this or other workplace subjects, call 251-621-5360 or email Patricia at pvanderpool@eaplifestyle.com.