

Redwood Caregiver Resource Center
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Serving: Del Norte, Humboldt, Mendocino, Lake, Sonoma,
Napa & Solano Counties



Feelings Often Expressed By Caregivers and Care Receivers

CAREGIVER

ANGER

- For being trapped
- That others in the family don't carry their share
- At the impaired person's demands and behaviors
- At the health- care system and health professionals

DEPRESSION

- Because of an emotionally and physically draining experience
- Because of feeling overwhelmed

EMBARRASSMENT

- At the impaired person's behavior
- At the thoughtlessness of others

FEAR

- That they may be the next in line; particularly with inherited conditions
- Of not being able to handle the situation
- Of what other people are saying about how the situation is being handled

GRIEF

- For the way the care receiver used to be
- For the way things used to be
- For lost relationships - emptiness

GUILT

- For wanting "out" of the caregiver role
- For wishing the care receiver would die
- For not having done enough - and not being able to do more even when you do all you can

HELPLESSNESS

- The situation is too great & there is no way to control it

SHAME

- Of the loved one for their failings - for what they were or are now

WORRY

- That they may later feel they did not give enough
- That their best was not good enough

CARE RECEIVER

ANGER or FRUSTRATION

- For being treated like a child
- For being confined or limited

FEAR

- Of what is happening
- Of what the future may hold
- Of loss of control
 - familiar role is gone
 - power & influence are gone
 - mental stability failing
 - loss of independence

HELPLESSNESS

ISOLATION

CONFUSION

DEPRESSION

EMBARRASSMENT

- Because of need for personal care
- Because of disability

GUILT

- For spoiling the caregiver's life

SHAME

- For behaviors which he or she cannot control
- For being a burden