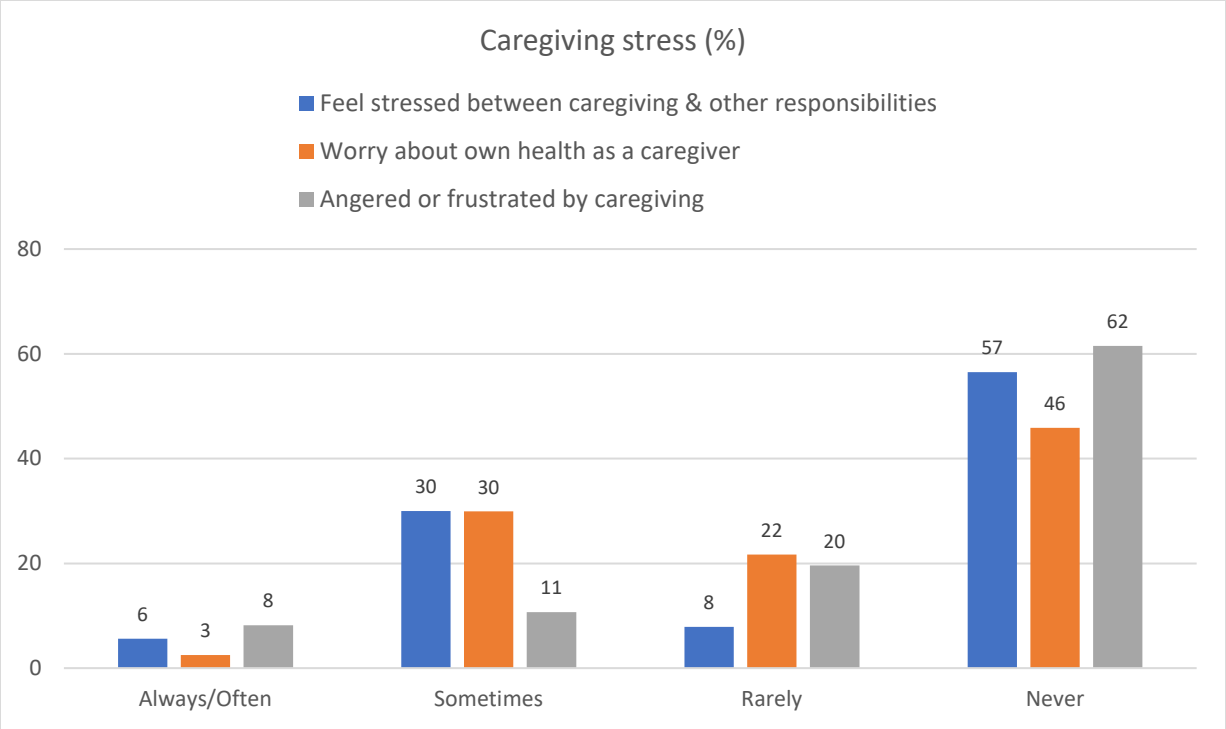
Caregiving stress (%)
Feel stressed between caregiving & other responsibilities
Worry about own health as a caregiver
Angered or frustrated by caregiving
80
60
40
20
0
6
3
8
30
30
11
8
22
20
57
46
62
Always/Often
Sometimes
Rarely
Never

Areas where more help or info is needed (%)
Managing your emotional & physical stress 14.5
Balancing work and family responsibilities 11.0
Finding time for yourself or respite care 10.3
Where to access information or resources 10.0
Easy activities to do with CR 9.8
Keeping CR safe at home 9.5
Managing CR's challenging behaviors 6.9
Choosing an assisted living facility or nursing home 6.1
Managing incontinence or toileting 6.1
Where to find trustworthy, affordable private pay help 6.0
Choosing a home care agency 5.6
Knowing how to talk with healthcare professionals 4.3
How to explain to employer the need for flexibility 3.9
Moving or lifting CR 2.6
Specific training on CR's illness 2.4
Making end-of-life decisions 2.3