

Understand the Signs of

# CAREGIVER BURNOUT



## Caregiver burnout is common



**Over 53 million**  
Americans are  
unpaid caregivers



**More than 50%**  
feel they have  
experienced  
caregiver burnout

**Understanding the signs is the first step to getting the support you deserve.**

Caregiver burnout feels different to each person, but some common symptoms include:

✓ Emotional and physical exhaustion

✓ Headaches or body aches

✓ Anxiety, fear or hopelessness

✓ Irritability and frustration

✓ Denial about your loved one's situation

✓ Inability to concentrate

✓ Changes in appetite, weight and sleep

✓ Lack of interest in socializing or  
other activities

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## It's important to get help

Caregiver burnout can cause or worsen health issues.

Your medical team knows what's best for you, but here are some tips that might help. Consider taking notes next to each tip below.

Talk with someone you trust and accept your feelings

Set realistic goals

Take care of your physical health

Take regular breaks and practice simple self-care routines

Ask for help

Find out about available financial resources

Learn about stress management techniques or ways to manage emotional strain



### Consider looking into groups\* that may help caregivers cope:

- Local support groups and community events
- Resources from your employer
- Programs from the makers of the medicines your loved one is taking
- Online support:
  - Online support groups or forums
  - Findhelp.org
  - HelpforCancerCaregivers.org
  - Caregiver.org
  - CaregiverAction.org
  - ACL.gov/programs

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**References:** 1. Cleveland Clinic. Caregiver burnout. Reviewed August 16, 2023. Accessed February 6, 2025. <https://my.clevelandclinic.org/health/diseases/9225-caregiver-burnout> 2. National Alliance for Caregiving. Caregiving in the U.S. 2020 Report. May 2020. Accessed February 6, 2025. <https://www.caregiving.org/wp-content/uploads/2021/01/full-report-caregiving-in-the-united-states-01-21.pdf> 3. Office on Women's Health. Accessed February 6, 2025. <https://owh-wh-d9-dev.s3.amazonaws.com/s3fs-public/documents/fact-sheet-caregiver-stress.pdf> 4. Mayo Clinic. Accessed February 6, 2025. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784> 5. Healthline. Accessed February 6, 2025. <https://www.healthline.com/health/health-caregiver-burnout>

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