



## Caregiver Stress: A New Level in 2020

November 2020

Senior Management Services

The impact of the events of 2020 is far reaching. You have most likely felt these impacts personally in common ways, and in ways that are specific to you. As working caregivers, our lives are impacted in unique ways. Some examples may be a drastic change in your working environment, isolation and precautions needed for your older loved one, and possibly children remote learning. I'm sure you can identify others that are impacting you as a working caregiver.

The APA recently published research about stress in this pandemic and cited that if you are in the Gen X, Millennial or Gen Z generation, you are not alone. Many (including Boomers) feel their mental health is worse than it was this time last year.

*"This survey confirms what many mental health experts have been saying since the start of the pandemic: Our mental health is suffering from the compounding stressors in our lives," said Arthur C. Evans Jr., PhD, APA's chief executive officer. "This compounding stress will have serious health and social consequences if we don't act now to reduce it. We're already seeing this with some of the youngest members of our nation, who just seven months into this crisis are beginning to show signs of serious mental health issues, such as depression and anxiety." (APA, 2020)*

As the recommendations can be found in detail in the link to the article cited below, your Eldercare Services are available to help you with caregiver stresses as well as provide support to you through this difficult season. Do not hesitate to reach out for support. Additionally, your Employee Assistance Program is available for in-depth counseling resources and support. These resources are available to care for you in your work as a caregiver and employee while balancing all the other facets of life.

**For additional information about Eldercare, please contact Quest at 1-800-364-6352.**

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Stress in America 2020 Survey Signals a Growing National Mental Health Crisis:  
<https://www.apa.org/news/press/releases/2020/10/stress-mental-health-crisis>