

**Dear KC-CDC:** I am currently a caregiver and am responsible for the day-to-day care of my grandfather. Recently, I have been bothered with on-going headaches and problems with digesting my food. My sister seems to think I am burned out. Is this true and if so, what should I do? I do enjoy helping. Signed Caregiver

**Dear Caregiver:** It sounds as if you are experiencing health problems related to stress. Try to develop a support system that will give you time off from caregiving when you need it. Exercise daily; take a break when you need one; and seek a support group where you will be able to talk with others in your same situation. Talking to others who understand what you're going through is a definite stress reliever. This will allow your times as a caregiver to continue to be rewarding for you as well as for your grandfather. AARP has a guide entitled "Caring for Your Parents" which you might find helpful right now. Google "AARP respite care" to see a preview of this book.