

Preventing Caregiver Burnout

What is caregiver burnout?

State of physical, mental, emotional, or financial stress or fatigue that is overwhelming to the caregiver to keep up with the necessary demands of the caregiving role. Overtime, it can have a negative impact on caring for both the patient and yourself.



Signs and Symptoms

- Easily Irritable
- Increasingly unhealthy behaviors, such as, drinking, smoking, or using medications
- Feeling exhausted
- Lack of participation in activities or hobbies you enjoy
- Anger toward the individual you are caring for
- Difficulty sleeping
- Social isolation from friends or family members
- Anxiety
- Depression

Steps to Avoiding or Overcoming

- Engage in regular physical activity or exercise
- Participate in caregiver training
- Get plenty of sleep
- Call your friends, family or healthcare professionals for support
- Accept help or hire help
- Try meditation or yoga
- Respite or daycare
- Attend a support group
- Educate yourself on patient condition
- Let the individual be as independent as possible with tasks

Resources for online support and more information:

LCI Caregiver Support Group Classes ~ caregiving.org ~ caregiving.com ~

Caregiver Action Network 202-454-3970

References:

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Photo: <https://www.forbes.com/sites/tracybrower/2021/08/14/caregiving-is-crucial-how-to-support-caregivers-and-why-it-matters-so-much/?sh=2b2117f51b84>