

Caregiving in
The Comfort of Home®

Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

Mental Health – Avoiding Burnout

Stress occurs as a result of too many pressures that demand too much of you. The stress of caregiving can be overwhelming. If you feel very guilty, resentful, sad, and frightened, your stress level will be high. It is natural for caregivers to experience these feelings. When you do not pay attention to your level of stress, you may ask more of yourself than you can give. If this “wear and tear” continues, you may become depressed, ill, isolated, and unable to provide care. Caregivers are frequently told to take care of themselves; they can offer a thousand reasons why they do not have the time, energy, money, etc. to do so.



Steps You Can Take

Think of ways you can incorporate some of the following to comfort yourself: prayer, talking with friends or relatives, exercise, hobbies, meditation, mindful breathing, yoga, walking, and seeking professional help or counseling. It is important to get help and support from other family members. Find a way to get respite from caregiving before you reach the point when you feel your life is out of control—burned out.

Burnout: Are You Suffering from It?

Often caregivers are not even aware that they are suffering from burnout—until a friend or family member points

out that they are not themselves. Caregivers can underestimate the impact of the work they are doing and the time and emotional energy they are using. Try not to be offended, but listen if you are told that you are more irritable than unusual.

Burnout may have some of the same symptoms as depression, but is not the same and *cannot* be helped with medication. Burnout may explain your loss of interest in activities you used to enjoy, your run-down condition, feelings of hopelessness and helplessness, even wanting to hurt yourself or the person you are caring for. If you have these feelings it is time to re-evaluate your caregiving situation. You should take steps to get more support and relief.

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Where to Find Help

Are you feeling that you cannot or do not want to continue caregiving but that you have no choice but to keep going? The following suggestions may be of help.

- Find someone, a friend or counselor, who can listen and give you new ideas and perspective.
- Attend conferences and lectures about the condition or join a support group with other people who are going through the same thing.
- Hire more help or enlist more family involvement.
- Consider enrolling the person in your care in an adult day care program.
- Consider placing him in a residential care facility for a short stay while you take a vacation.
- Seriously consider whether you want to continue providing hands-on care. Both you and the person in your care may do better if he is placed in a care facility. You then may be able to visit, to keep an eye on the care, and to enjoy being together when you are no longer the front-line person.

Emotional Burdens

You may think you are the only one to face these problems, but you are not alone. Many caregivers face—

- the need to hide their grief
- fear of the future
- worries about money
- not being able to solve problems

Fears of dependency and loneliness, or isolation, are common in families of those who are ill. The person needing care can become more and more dependent on the one who is providing it. At the same time, the caregiver needs others for respite and support. Many caregivers are ashamed about needing help, so they don't ask for it. Those caregivers who are able to develop personal and social support have a greater sense of well-being.

Spouse Caregivers

Spouse caregivers have special problems as they gradually lose the emotional support of the partner who is ill and must now be his or her emotional as well as physical support. It is especially important for spouse caregivers to seek out a support system.

Taking Care of Yourself—Feeling Invisible

“Why doesn’t anyone ask how I am doing?” It is easy to feel invisible, as if no one can see you. Everyone’s attention is on the person with the illness, and they don’t seem to understand what the caregiver is going through. Many caregivers say that nobody even asks how they’re doing. Mental health experts say it’s not wise to let feelings of neglect build up. Caregivers need to speak up and tell other people what they need and how they feel. Support groups, religious or spiritual advisors, or mental health counselors can teach you new and positive ways to express your own need for help.



NOTE

Seek out professional help when you are using alcohol or too many prescription medications usual to relax; feel intense fear and anxiety; are having thoughts of suicide and have become or are thinking about becoming physically violent toward the person in your care.

Inspiration

We don’t see things as they are; we see them as we are.”
~ Anaïs Nin

Live Life Laughing!

If I agreed with you, we'd both be wrong!



Memory Care

In general, people with memory problems have the best memory for *distant* events. For instance, it may be easier for the person with memory problems to talk about holidays when they were a child or young adult compared to a more recent holiday.

Caregiving in The Comfort of Home®

Our Purpose

To provide caregivers with critical information enabling them to do their job with confidence, pride, and competence.

Ordering Info

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SAFETY TIPS—Grief Support Groups

When a person gets sick and then dies, caregivers and family members experience the loss of their loved one, but they also experience the loss of the dreams they shared with them. Disease might prevent their loved one from sharing in daily activities and making long-term plans. Living with chronic illness can take the fun out of life. This is a wound that must be acknowledged and dealt with. Being in denial for a long period of time can also cause stress. Expressing your feelings, allowing time for healing, and the support of compassionate friends is the best way to get through the grieving process. Each time we experience a loss *and ignore it*, things can only get worse. Grief must be recognized and experienced.

Your grieving process will be easier if you meet with others who have had a similar experience. Grief support groups often meet at churches, synagogues, county mental health offices, and hospitals. Many hospice organizations sponsor support groups. Ask your doctor or other health care professional to recommend a group. Eventually, you will find a way to make peace with the pain of loss and move on with your life.

NEXT ISSUE... VISION LOSS IN AGING

Caregiver Assistance News

“ C A R I N G F O R Y O U ... C A R I N G F O R O T H E R S ”

Q U I C K Q U I Z

The challenges of the caregiver role may sometimes make you feel bad about yourself. If you are a perfectionist, you'll never do it perfectly. If you're angry, you'll find plenty of excuses to be mad. If you have feelings of inadequacy, they'll definitely come up. Impatience, depression, hostility—if these emotions challenged you before, they're sure to arise in this situation.

1. Burnout may have some of the same symptoms as depression but is not the same and cannot be helped with medication.
T F
2. Caregivers need to find a way to get respite from caregiving before they reach the point when they feel their life is out of control—burned out.
T F
3. Caregivers will always know that they are suffering from burnout.
T F
4. Fears of dependency and loneliness, or isolation, are common in families of those who are ill.
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5. In general, people with memory problems have the best memory for *distant* events.
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6. It is especially important for spouse caregivers to seek out a support system.
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7. Mental health experts say it's not wise to let feelings of neglect build up.
T F
8. Each time we experience a loss *and ignore it*, things can only get worse. Grief must be recognized and experienced.
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9. It is *not* normal for caregivers to feel very guilty, resentful, sad, and frightened or just in over their head all the time
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10. Seek out professional help when you are using more alcohol than usual to relax and are using too many prescription medications to relax.
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Name _____

Signature _____ Date _____