

CAREGIVERS... ARE YOU JUST STRESSED OR HEADING FOR BURNOUT?

Presented by: Tauna Longest



CAREGIVING STATISTICS

Caregiving Population

- 65 million people
- 375 billion dollars a year
- Who is the “typical caregiver?”
- Average hours per week spent on caregiving
- 51% of care recipients live in their home

ECONOMICS OF CAREGIVING

- During the 2009 economic downturn
 - 47% of working caregivers indicated an increase in expense

IMPACT OF FAMILY CAREGIVERS HEALTH

- **23%** of family caregivers report their health is fair or poor
- **72%** of family caregivers report not going to the doctor as often as they should.
- **20%** of employed female caregivers over 50 yrs old report symptoms of depression
- Family caregivers are experiencing “**extreme stress**”

CAREGIVING AND WORK

- **6 in 10** family caregivers
- **34 billion dollars** per year
- **13.4 billion** per year.

DIFFERENCE BETWEEN BURNOUT AND STRESS

- **Burnout** may be the result of relenting stress
- **Stressed** people can still imagine
- **Burnout**- “not enough”

STRESS VS. BURNOUT

Stress

- Characterized by overengagement
- Emotions are overactive
- Produces urgency and hyperactivity
- Loss of energy
- Leads to anxiety disorders
- Primary damage is physical
- May kill you prematurely

Burnout

- Characterized by disengagement
- Emotions are blunted
- Produces helplessness and hopelessness
- Loss of motivation, ideals, and hope
- Primary damage is emotional
- May make life seem not worth living

WHAT IS BURNOUT?

- State of emotional, mental, and physical exhaustion cause by excessive and prolonged stress. Feel overwhelmed and unable to meet constant demands.
- Burnout **reduces** your productivity.

YOU MAY BE ON THE “ROAD TO BURNOUT” IF:

- Bad day
- Work or home life
- Exhausted
- Overwhelming task
- Feeling like nothing makes a difference
- Negative effects on your daily life

WARNING SIGNS AND SYMPTOMS OF BURNOUT:

- Burnout is a gradual process that occurs over an extended period of time
- 3 areas

1- PHYSICAL SIGNS AND SYMPTOMS OF BURNOUT:

- Feeling tired and drained
- Lowered immunity
- Frequent headaches
- Change in appetite

2- EMOTIONAL SIGNS AND SYMPTOMS OF BURNOUT:

- Sense of failure
- Feelings helpless
- Detachment
- Loss of motivation
- Increasingly cynical
- Decreased satisfaction

3-BEHAVIORAL SIGNS AND SYMPTOMS

- Withdrawing from responsibilities
- Isolating yourself
- Procrastinating
- Food, drugs, or alcohol
- Frustrations
- Skipping work

BURNOUT PREVENTION TIPS:

- Relaxing rituals
- Healthy eating
- Set boundaries
- Technology breaks
- Creative side
- Manage stress
- **DON'T TAKE IT** personally!

TEN WARNING SIGNS OF CAREGIVER STRESS

- Warning signs of stress can be so subtle and hard to detect. We get used to the feeling- it becomes the new normal.

STRESS WARNING SIGNS:

1. Anger
2. Denial
3. Difficulty sleeping
4. Health problems
5. Irritability

STRESS WARNING SIGNS

CONTINUED:

6. Social withdraw
7. Loss of concentration
8. Constant exhaustion
9. Anxiety
10. Depression

STRATEGIES TO REDUCE STRESS:

- Ask for help
- Seek care management advice
- Attend workshops
- Assistive technology
- Plans for future funding

3 more stress reducers...

1 - LIFESTYLE CHANGES TO REDUCE STRESS:

- Exercise
- Manage time
- Support group
- Adequate sleep
- Pursue diversions
- Taking anti-depressants

2- REDUCE STRESS THROUGH PROPER NUTRITION

- Not eating properly
- Caffeine
- Alcohol
- Tobacco
- Sugar and refined flour
- Nutritional supplements

3- CONTROLLING STRESS WITH MIND AND BODY CALMING TECHNIQUES

- Music therapy
- Laughter
- Laughter clubs
- Meditation

YOU HAVE:

A BILL OF

RIGHTS!

YES, CAREGIVING IS
STRESSFUL...

BUT MAYBE IT'S ALSO
GOOD FOR YOU!

THANK YOU!

COMMENTS,
SUGGESTIONS, AND
QUESTIONS



843-832-9888

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