Caregiver Burden

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Objectives:

- Discuss the caregiver role
- Define caregiver and burden terms
- Identify strategies to manage caregiver burden
"There are four kinds of people in this world:

those who have been caregivers,
those who currently are caregivers,
those who will be caregivers,
and those who will need caregivers."

-Former First Lady Rosalynn Carter
What is a Caregiver?

**Caregiver**: A person who provides direct care (as for children, elderly people, or the chronically ill).
How do we know WE are caregivers?
The Many Roles of Caregivers

Care Manager
Driver
Cook
Housekeeper
Pharmacy Tech
Administrator

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Caregiving includes...

Emotional support
Companionship
Spiritual advisor
Activities Director
Health Advocate
Financial Advisor
Stress:

Process whereby an individual perceives and responds to events that she/he appraises as overwhelming or threatening to her/his well-being (Lazarus & Folkman, 1984).
Signs of Stress

PHYSICAL
EMOTIONAL
BEHAVIORAL
SOCIAL
Understand Caregiver Stress

Emotional Wellbeing
Health

Isolation
Financial
Depression
Anxiety

CAREGIVER

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Burnout
Burnout:

A state of physical, emotional and mental exhaustion that may be accompanied by a change in attitude – from positive and caring → negative and unconcerned.
How to Avoid Stress/Burnout

Develop A Care Plan

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Get prepared

- Increase your knowledge
- Assess home environment
- Determine external support needed
- Current and future financial needs
- Health insurance
- Employment
- Legal–POA’s
Needs Assessment

- Meal preparation
- Cleaning
- Laundry
- Transportation
- Prescription pick-up
- Short term respite
- Weekly phone call
Get help

- Needs Assessment
- Don’t have to do it alone
- Helps you manage the responsibilities
- Balances your needs
- Informal/formal caregiving
Effective Communication

- Foster a positive relationship
- Develop effective communication methods with the person with Parkinsos’s
- As the disease progresses, the person you are caring for may go from being very independent to very dependent on you
Caring for the Caregiver

- Taking care of the caregiver
- Easier said than done
- Keep your own doctor appointments
- Expand your support network
  - Support group
- Maintain good sleep routine
- Don’t forget to eat
- Take breaks
- Keep your sense of humor
The **BEST** way to be an effective **CAREGIVER** is to take **CARE** of yourself
FREE Caregiver Services

- Family Consultation/Case management Services
- Specialized Information
- Short-Term Counseling
- Legal/Financial Consultation
- Respite Care

- Support Groups
- Education & Training
- Employer Resources
- REACH2Caregivers/CALMA
- Operation Family Caregiver