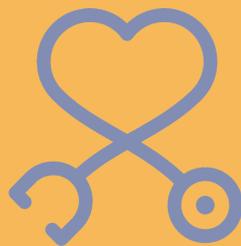


PREVENTING CAREGIVER BURNOUT



NEW GROVE MANOR

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IN HONOR OF CAREGIVER APPRECIATION MONTH, WE ARE EXPLORING HOW CAREGIVERS CAN AVOID CAREGIVER BURNOUT AND WAYS TO PRACTICE SELF-CARE!

1 in 3 adults in the United States provides care to other adults as informal caregivers, according to the Mayo Clinic. Yet, a significant amount of individuals who care for ill, disabled, or aging loved ones do not self-identify as a “caregiver”, causing them to lack the support and resources they may need!



The Role of a Caregiver

Essentially, caregivers are non-healthcare professionals assisting someone who suffers from health impairments related to advanced age, disability, disease, or mental disorder with various activities of daily life or (ADLs).

The most significant ADLs are eating, bathing, toileting, hygiene, medication, transferring, and responding to matters of continence. Caring for those who cannot care for themselves day in and out may be rewarding because it fulfills the core values of many individuals however, self-preservation and self-care can easily be overlooked by caregivers due to the high-level of commitment and dedication that caregiving may require!



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What is Caregiver Stress?

The emotional and physical stress of caregiving are actually quite common although Caregiver Stress is not a recognized medical diagnosis . The risk factors for Caregiver Stress include:

- Being female
- Having fewer years of formal education
- Living with the person you are caring for
- Social isolation
- Having depression
- Financial difficulties
- Higher number of hours spent caregiving
- Lack of coping skills and difficulty solving problems
- Lack of choice in being a caregiver

Signs of Caregiver Burnout

- Lack of energy
- Overwhelming fatigue
- Sleep problems (too much or too little)
- Changes in eating habits; weight loss or gain
- A feeling of hopelessness
- Withdrawing from, or losing interest in, activities you once enjoyed
- Neglecting your own physical and emotional needs
- Feeling like caregiving is controlling your life
- Becoming unusually impatient, irritable or argumentative with the person you're caring for and/or with others
- Anxiety about the future
- Depression or mood swings
- Difficulty coping with everyday things
- Headaches, stomachaches, and other physical problems
- Lowered resistance to illness
- Abusing alcohol or drugs, including perscription medication



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Responding to Caregiver Stress

Becoming fatigued and enduring too much stress can significantly impact your health, both physically and mentally. Caregivers specifically are more likely to experience symptoms of depression, anxiety, lack of sleep, little to no physical activity, unbalanced diet, etc. leading to an increased risk of medical problems such as heart disease and diabetes. Maintaining balance and well-being as a caregiver may seem difficult but there are many strategies and resources for support!

Managing Caregiver Stress

Here are some ways to make life easier as a Caregiver:

- Assess your skillset and capabilities as a caregiver
- Be open to help from others and their support
- Prioritize tasks and aim to stay organized in responsibilities
- Learn about and connect with caregiving resources locally for support and services available to you such as, transportation, housekeeping, meal delivery, support groups, etc.
- Try attending a Caregiver support group meeting or event if possible, to learn from other caregivers and develop connections with peers in similar situations
- Maintain social relationships with friends and relatives to prevent isolation and provide support
- Visit your doctor and be open about the toll that caregiving has on you mentally and physically to set health goals
- Treat yourself, be gentle and kind to yourself
- Take a staycation or vacation (Caregivers who work outside of the home may be covered under the federal Family and Medical Leave Act to take up to 12 weeks of unpaid leave each year, to care for relatives)



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Little Known Resources for Caregivers

Respite Care

Taking a break from your caregiver duties from time to time tends to be extremely beneficial for caregivers and the individual being cared for! Our facility, New Grove Manor, provides short-term care (Respite Care) for the person being cared for, so that caregivers are able to take the time that they may need for themselves. Caregivers may fall ill themselves or simply need time off, and are able to feel comfortable with hospitable accommodations for their loved ones. Our facility New Grove Manor offers these services on short-notice and covered by most insurances!



The New Grove Family salutes caregivers everywhere for their dedication to the care of others and we encourage caregivers to remember their individual needs while caring for others to prevent burnout!

Please connect with us for caregiver support and relief!

www.NewGroveManor.com
or our Director of Admissions, Lydia Sision
at (973)672-1700

Composed by the New Grove Manor Development Staff