CAREGIVER STRESS AND May 16, 2019 BURNOUT

OBJECTIVES

Experience of Caregivers

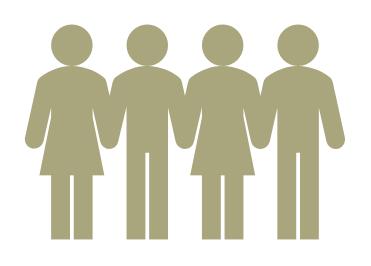
Identifying Signs of Burnout

Define Ways to Manage Burnout and Stress

CHANGING LANDSCAPE AND NEEDS OF HD FAMILY

- 1. Psychosocial needs of an individual and his or her family are abundant
- Lack of formal supports such as supportive counseling, respite from providing care. (Meissen, Maguin &Woodruff, 1987)
- 3. Common to feel socially isolated
- 4. NO one person living with HD is the same, so emphasis of caregiving can range from cognitive to psychiatric to related to movement alone.
- 5. Personality and behavior changes can create the most uncertainty in how to approach. These changes include, anxiety, depression, personality changes

EXPERIENCES OF CAREGIVERS



- 1. In the United States, there is an estimated thirty-four million family caregivers that provide 75% to 80% of all long-term care
- 2. The estimated value of unpaid family or informal caregivers is roughly \$375 billion per year (Levine et al., 2010)
- 3. Paid and unpaid caregiving depends on social capital, financial resources, and insurance

CHALLENGES OF CAREGIVING



- 1. Education and Awareness (including resources and support)
- Understanding and Knowledge of HD, Caregiving
- 2. Family Dynamics
- Relationships, binding, change in roles and identity
- 3. Caregiving Settings
- in home assistance available
- 4. Caregiver Distress (denial, burnout, grief and loss, wellness)
- Research has documented that HD caregivers experience adverse side effects related to the emotional and physical complexities of caregiving (Pickett et al., 2007)





DO YOU HAVE CAREGIVER BURNOUT?



- 1. YOU NO LONGER FIND PLEASURE IN THINGS YOU ONCE FOUND ENJOYABLE.
- 2. FRIENDS AND FAMILY HAVE EXPRESSED CONCERNS ABOUT YOUR WELL-BEING.
- 3. YOU'RE GETTING NEGATIVE FEEDBACK AT WORK.
- 4. YOU'RE HAVING PROBLEMS WITH YOUR SPOUSE.
- 5. YOU EXPERIENCE INTENSE AND RECURRENT FEELINGS OF ANGER, SADNESS, WORRY OR FEAR.
- 6. YOU HAVE DIFFICULTY CONCENTRATING.
- 7. YOU HAVE TROUBLE SLEEPING, DRASTIC WEIGHT CHANGES OR OTHER UNEXPLAINED HEALTH PROBLEMS.
- 8. YOU USE A SUBSTANCE TO COPE WITH, MANAGE OR SUPPRESS PAINFUL FEELINGS.

SIGNS OF PHYSICAL AND EMOTIONAL EXHAUSTION

WAYS TO PREVENT CAREGIVER BURNOUT

- 1. Recognize the signs of stress and exhaustion
- 2. Schedule personal time regularly
- 3. Take care of your container
- 4. Remain socially connected
- 5. Join a caregiver support group
- 6. Identify a confidant
- 7. Speak with a therapist
- 8. Seek respite care for loved ones
- 9. Practice Micro Self-Care



WHAT IS SELF-CARE?

The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.







HOW DO I PREVENT BURNOUT?



We tend to think of large extravagant ways to engage in self care, but the key is to

Microtize Self-care

engage in small nurturing habits in your daily lives that have a big impact on our wellbeing

EXAMPLES OF MICRO SELF CARE STRATEGIES



- 1. Stretch
- 2. Develop a Mantra
- 3. Drink Some Water (for me it is with crushed ice)
- 4. Breathe, Hug, Cry
- 5. Use imagery
- 6. Tidy Up/Clean
- 7. Accept a Compliment
- 8. Give Back
- 9. Go outside

WHAT CAN YOU INCORPORATE INTO YOUR DAY?

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