



CAREGIVER STRESS AND BURNOUT

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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
2. 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)

Preventing Caregiver



Burnout



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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