

Avoiding Caregiving Burnout During COVID-19

Faith Unger and Lori Hill
CaregiverU Education and Training



Thirty-six percent of family caregivers characterize their situation as highly stressful, according to the “Caregiving in the U.S.” 2020 report from AARP and the National Alliance for Caregiving.

Research from the American Psychological Association found that among people age 55 to 75, those who are caregivers show a 23 percent higher level of stress hormones.

What does stress look like?
What does stress feel like?



What does de-stress look like?
What does de-stress feel like?



Back to stressed!





Stress happens when you are asking yourself to do more than is reasonable to ask of yourself at that time.

Stress is accumulative



The accumulative total is what causes burnout



Symptoms of caregiver burnout

- Appetite Changes, too little or too much
- Depression, hopelessness, lack of energy
- Trouble falling asleep or staying asleep
- Difficulty concentrating
- Missing appointments
- Losing control, physically or emotionally

Moving from burnout to health

- Physical health
- Social connections
- Time for yourself





Tips for avoiding caregiver burnout

- Get organized
- Create a routine
- Ask for help
- Take care of yourself
- Talk about it
- Have realistic expectations

Get organized

- Create a binder
- Build a network of resources
- Build a solid medical team
- Create a backup plan



Create a routine

- Sense of consistency
- Reduces decision making
- Improves sleep
- Build in time for enjoyment



Ask for help



Take care of yourself

- Healthy diet
- Exercise
- Sleep
- Regular checkups/medical issues
- Mental health



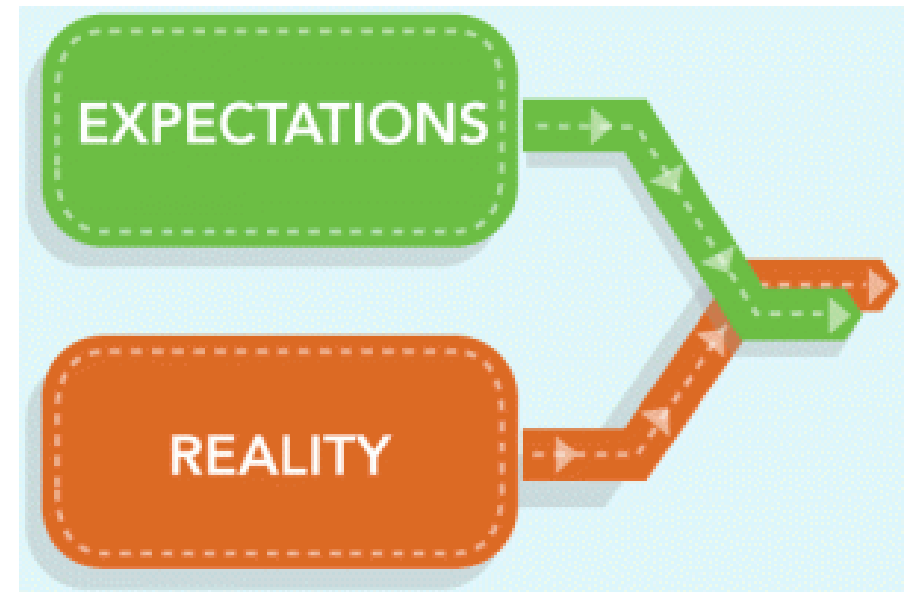
Talk about it

- Trusted friend or family member
- Professional or hotline
- Support Group
- Positive self-talk



Have realistic expectations

- Control what you can
- Set realistic goals
- Be accepting of what is



Caregiving in the time of COVID-19



A room of my own



Making a routine that benefits YOU the caregiver



And...a few other suggestions

For you the caregiver:

- Schedule regular phone calls/Facetime
- Use video platforms to virtually meet
- Join neighborhood groups
- Attend free online activities
- Caregiver hotlines

For both of you, explore the AGE website!



References

- Heart.org, "What is Caregiver Burnout"?
- Mayoclinic.org, "Caregiver Stress: Tips for Taking Care of Yourself"
- AARP.org, "Caregiver Burnout: Steps for Coping with Stress"
- Goodnet.org, "4 Tips on How to Develop Positive Thinking"



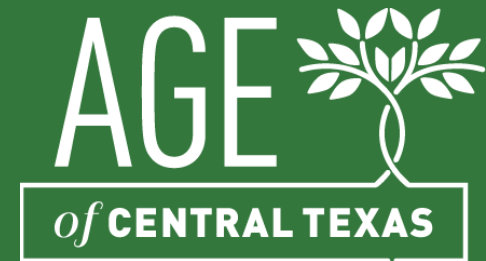
References

- [Dailycaring.com](https://www.dailycaring.com), "3 Ways to Prevent Caregiver Stress and Burnout"
- [WebMD.com](https://www.webmd.com), "Sleep Habits: More Important than You Think"
- [CDC.gov](https://www.cdc.gov), "Coping with Stress"
- [Healthinaging.org](https://www.healthinaging.org), "Tips for Avoiding Caregiver Burnout"
- [Seniorplanet.org](https://www.seniorplanet.org)





THANK YOU!



www.AGEofCentralTX.org | (512) 451-4611