Avoiding Caregiving Burnout During COVID-19

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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

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- WebMD.com, "Sleep Habits: More Important than You Think"
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THANK YOU!