Definition of Terms

• Caregiving
  • Care that is provided by a family member or friend rather than by a professional who is reimbursed for services
### Informal Support

Unpaid caregiving by friends and family
- Advice
- Affection
- Companionship
- Help with ADLs & IADLs
- Nursing care

### Formal Support

Paid help from professional caregivers
- Doctors
- Nurses
- Social workers
You Are Not Alone

• Approximately 43.5 million caregivers have provided unpaid care to an adult/child in the:
  • Last 12 months
  • United States alone

• Caregiving for patients with _____ has been described as:
  • An intense, episodic, and challenging care experience
Caring for Someone with _____

- What is needed?
  - Good, reliable caregiver support
- Why?
  - Crucial to the physical and emotional well-being
What Can It Do To The Caregiver?

- _____ adversely
  - Affects the health of the patients and those who provide care to them
  - Impact the quality of life
    - Lead to physical, social, and emotional distress
- Giving care at home to patients with _____
  - Can be stressful
  - May effect long term psychologic health
Nature of the Illness

• Requires multifaceted activities that are physically, emotionally, socially, and financially demanding.

• Tasks can include:
  • Monitoring symptoms
  • Dealing with various side effects
  • Tracking medical information
  • Providing emotional and clinical support
Caregivers Primary Task

• Take care of him or herself
• Failure to do so:
  • Caregiver burden: Gerontologist call the stress due to caregiving
Caregiver Burden

Affects caregivers
• Energy
• Health
• Emotions
• Stress and work
• Absenteeism
Caregiver Stress: Common Signs and Symptoms

- Anxiety
- Depression
- Irritability
- Overreacting to minor nuisances
- Difficulty sleeping
- New or worsening health problems

- Drinking
- Smoking
- Eating more
- Trouble concentrating
- Cutting back on leisure activities
- Neglecting responsibilities
Depression

• 40% - 70% of caregivers show symptoms of depression
  • A quarter to half meet the diagnostic criteria for major depression
• Not a direct result of caregiving
• Usually the result of:
  • The caregiver making an effort to provide the best possible care for a family member or friend
  • Caregiver often sacrifices their own physical and emotional needs
Resulting Feelings of Depression

- Anger
- Anxiety
- Sadness
- Isolation
- Exhaustion
- Guilt from having these feelings
  - Can exact a heavy toll
Depression: Common Signs and Symptoms

- Becoming easily agitated or frustrated
- Disturbed sleep
- Physical symptoms that do not respond to treatment
  - Headaches
  - Digestive disorders
  - Pain
Caregiver Burnout

- State of physical, emotional, and mental exhaustion
- May be accompanied by change in attitude
- From positive and caring to negative and unconcerned

Warning Signs of Caregiver Burnout:

- Excessive stress and tension
- Debilitating depression
- Persistent anxiety, anger, or guilt
- Extreme irritability or anger with the patient
- Decreased overall life satisfaction
- Relationship conflicts and social isolation
- Lower immunity and greater need for healthcare services
- Excessive use of medications, drugs, or alcohol
Caregiver Burnout: Common Signs and Symptoms

• You are increasingly impatient and irritable with the person you are caring for.
• Your life revolves around caregiving, but it gives little satisfaction.
• You neglect your own needs, either because you are too busy or you do not care anymore.
Caregiver Burnout vs Compassion Fatigue

**Burnout**
- Develops over time

**Fatigue**
- Comes on suddenly
- Normal displays of chronic stress
How to Prevent Burnout and Depression

- Embrace your caregiving choice.
- Avoid focusing on things you have no control over.
- Celebrate the small victories.
- Applaud your own efforts.
- Talk to a supportive family member or friend.
Care for the Caregiver

- R-E-S-P-I-T-E
  - https://www.youtube.com/watch?v=SAI_Nv3qWto
- Support groups
- Elder care programs
  - Counseling services
  - Information on community services and supports
  - Flexible work schedules
I Am A Caregiver.

I Try.
I Do.
I Hope.
I Care.
Questions?
Thank You!