

Avoiding Caregiver Burnout

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Sylvia Nissenboim, M.S.W., LCSW received her Master's in Social Work from St. Louis University in 1981 and until 2005 managed and developed programs for older adults and their family caregivers. She has a private practice focusing on issues related to work and life transitions, such as aging and caregiving. She is also a Certified Strategic Intervention coach.

She is a published author, The Positive Interactions Program published in 1998 by Health Professions Press and a national speaker and consultant. She has provided training at local, state and national conferences on a variety of topics, from aging to dementia care, marketing, coaching, and many other topics of relevance.



Objectives

1. Learn the symptoms of caregiver burnout.
2. Discuss situations and circumstances which can lead to burnout.
3. Identify ways to prevent caregiver burnout.

Recognizing Caregiver Burnout

Stress

Physical

Emotional

Behavioral

Change aversion

Overall overwhelm



Potential Issues Faced by Caregivers and Family Members

Physical

Sleep

Chronic stress on immune system

Health changes

Emotional

Guilt

Anger/resentment

Grief

Spiritual

Disconnected with community

Fear of death, pain, mortality

Behavioral

Worry

Depression

Anxiety

Risk for abuse

Relational

New and unresolved parent/sibling issues

Role reversal issues

Demands on time

Causes of Caregiver Burnout

Decision overload

Work-life balance issues

Resource deficit

Limited support



Shifting our Focus

We feel what we focus on

Habits of thought

Positivity increases effectiveness

Resiliency

Embracing the challenge

Bouncing back with more strength and power

Creating habits that optimize your potential

Strengthening Resiliency Skills

Safety/self-care

Breathe/relaxation

Communication

Network

Optimism

Language

Shift from victim to champion

Cut out negative talk

Can't change the past

Future talk

Don't know what the future holds

Present talk

“When can we start?”

“It's tough...but I'm OK.”



Creating Positive Habits

Know thyself

Immerse yourself in current and new relationships

Self-calming techniques

Positive self-talk

Exude optimism



Managing Stress: Tips for Caregivers

Relaxation

Shift focus from pain to purpose

Stay in the present

Care receiver's discomfort is not their fault

The best you can do is the best you can do



Managing Stress: Tips for Caregivers

Caregiver

Take care of yourself

Respite

Exercise

Health

Reconnect with friends, neighbors

Care receiver

Face windows

Increase quality of day

Art

Music

Exercise, movement

Do for other



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