

**SPECIAL
 POINTS OF
 INTEREST:**

- More than 65 million people, 29% of the U.S. population, provide care for a chronically ill, disabled or aged family member or friend during any given year...
- Once in the midst of caregiver burnout, you can alleviate the situation. Never feel guilty about asking for the help you truly need.

**INSIDE
 THIS ISSUE:**

- 1 Caregiver Burnout
- 2 10 Tips for the Family Caregiver

Caregiver Burnout

Whether you tend to a child with autism, a spouse recovering from cancer or a senior parent who needs constant assistance, family caregiving is on the rise. The National Alliance for Caregiving says that "More than 65 million people, 29% of the U.S. population, provide care for a chronically ill, disabled or aged family member or friend during any given year..." While such care means so much to your loved one, it does put you at risk for caregiver burnout. This is a progression of the various, everyday stresses that can cause you to feel completely "wiped out."

Signs of caregiver burnout can vary. The most common symptoms include: constant exhaustion, neglecting your own personal needs, feeling overwhelmed and even helpless, and not being able to relax when you're not providing care.

By following a few critical guidelines, you can prevent caregiver burnout. First, learn as much as you can about your loved one's illness to maximize your caregiving efforts. Next, set clear limits regarding how much time you can give and honor these limits. Also, talk to trusted others about how you feel so you don't internalize your feelings. Most importantly, accept the wide range of emotions you



may be experiencing. Feeling angry, resentful, or sad doesn't make you a bad person, but you may want to consider professional counseling.

Once in the midst of caregiver burnout, you can alleviate the situation. Never feel guilty about asking for the help you truly need. Seek out friends, family, or respite care for support so you can take breaks. For emotional fellowship, try a community or internet caregiver support group. Make time to nurture your physical well-being as well as your soul. Do the activities that you enjoy, pamper yourself intermittently, eat well, keep a journal if it helps, and don't forget to laugh. Giving yourself permission to be a happy person will make you a better caregiver!

Former First Lady Rosalynn Carter once said, "There are four

kinds of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers." The State of New Jersey's CaregiverNJ web page is an excellent starting point for finding the support group or service that fits your personal needs. As professional caregivers, we at A+ Senior Care respect this hard work you take on willingly...

Resources:

- www.caregiving.org
- www.helpguide.org
- www.strengthforcaring.com
- www.state.nj.us/caregivernj/resources/support.shtml



“Keep an expense diary and write a budget-To track spending and get a clear picture of cost of care”

10 TIPS FOR THE FAMILY CARE GIVER



1. Understand the responsibilities of being a caregiver- Fully assess the needs of your loved one, either independently or by using the services of a clinician.
2. Begin a conversation with loved ones-Talk about their Long Term Care wishes including health and financial decision making.
3. Gather and review legal and financial documents-Wills, Trusts, Powers Of Attorney, Health care proxies or health care Powers Of Attorney.
4. Consult a financial professional- She/he may help with taxes, retirement accounts, Social Security Income and other financial needs.
5. Consult an Eldercare Attorney- Who may help with Medicaid filing and Veterans Benefits filing.
6. Keep an expense diary and write a budget-To track spending and get a clear picture of cost of care.
7. Know health status and medical history-Access medical records, talk with Physicians, have written documents giving you permission to access medical records and facilitate appropriate decision-making.
8. Review insurance policies and make sure they are up to date.
9. Discuss short and long term living arrangements-Look at options to include living at home or in a long term care facility.
10. If you are currently employed, talk with your employer about flexible work schedule, to accommodate the demands of being a caregiver.

Resource: www.lifetuner.org