



Caregiving and Burnout Reduction

INTRO

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- 5 years in Social Work Practice
- 3 years in inpatient psychiatric setting
- Passion for Mental Health
- Fun fact: I grew up in Alaska!



Erika Cordle, LMSW

- 7 years in Social Work Practice
- work experience in Psychiatric and Residential Substance use recovery
- Fun Fact: Avid Crossfitter





Key Objectives

- Define what is a caregiver
- Define roles of caregivers
- Define caregiver burnout
- Explain manifestations of burnout
- Discuss Self care strategies and resources

What is a Caregiver?

A caregiver is a person who provides direct care. Memor Webster

Direct care can be **PAID** or **UNPAID**

Who is the caregiver providing direct care to?

- Children
- Elderly People
- Chronically Ill
- Emotional/mental health issues
- Person with disability



Caregiver Roles Include:

- Helping with a daily routine like toileting, bathing, getting dressed or brushing hair.
- Preparing meals.
- Completing housework.
- Medication management.
- Managing finances.
- Transportation.
- Monitoring health.
- Advocating and communicating their needs with healthcare providers or agencies.
- Emotional Support (love, belonging, connectedness, listening to problems)



Statistics on Caregiving



- The number of Americans providing unpaid care has increased over the last 5 years
 - 43.5 million in 2015 → 53 million in 2020
- On average, caregivers of adults are 49.4 years old, with a median age of 51.0 years. 61% of those being woman, 39% men
- Among those who report the presence of other unpaid help, 14% say at least one of those unpaid caregivers is a child under age 18 – of all caregivers of adults, 7% report the presence of a child caregiver.

(National Alliance of Caregiving, n.d)

Statistics Continued

- More caregivers of adults are providing care to multiple people, with 24% caring for two or more recipients (up from 18% in 2015)
- Caregivers of adults find themselves providing care for 4.5 years. A greater proportion of caregivers report having provided care for 5 years or longer
- On average, caregivers spend 23.7 hours per week providing care
- 21% perform over 40 hours of care weekly – the equivalent of a full-time job



CAREGIVING in the U.S. 2020

The number of Americans providing unpaid care has increased over the last five years.*

43.5 million
2015



53 million
2020



18%
2015



21%
2020

NEARLY ONE IN FIVE (19%) ARE PROVIDING UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.**

More Americans are caring for more than one person.



18%
2015



24%
2020

More family caregivers have difficulty coordinating care.

19%
2015



26%
2020



More Americans caring for someone with Alzheimer's disease or dementia.



22%
2015



26%
2020

More family caregivers report their own health is fair to poor.

17%
2015



21%
2020



23% OF AMERICANS SAY CAREGIVING HAS MADE THEIR HEALTH WORSE.

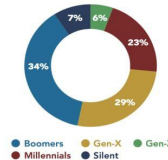
Who are today's family caregivers?



39%
MEN



61%
WOMEN



45%
HAVE HAD AT LEAST ONE FINANCIAL IMPACT



61%
WORK

AARP
Family Caregiving™

*Provided care to an adult or child with special needs.
**The remainder of this data is based on the 19% or 48 million caregivers caring for an adult.
URL: www.aarp.org/uscaregiving DOI: <https://doi.org/10.26419/ppi.00103.002>

nac
National Alliance for Caregiving

Caregiving in the U.S. 2020,
National Alliance for Caregiving and AARP
For media inquiries, contact Media@aarp.org

(National Alliance of Caregiving, n.d)

What is Burnout?

Burnout can be described as “**Exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration**” (Merriam-Webster, n.d.).

When it comes to caregiver burnout, a person can be impacted in various ways including:

- Physically
- Psychologically
- Financially
- Socially





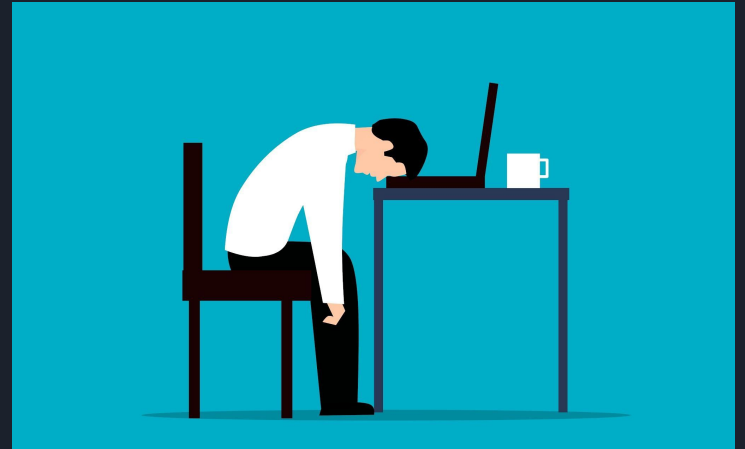
What can cause Caregiver burnout?

When caregivers devote the majority of their time and energy into their role as a caregiver, they often are not sufficient in caring for themselves, and this can lead to burnout. Burnout can happen without even knowing it is taking place.

Internal Burnout

What does it feel like?

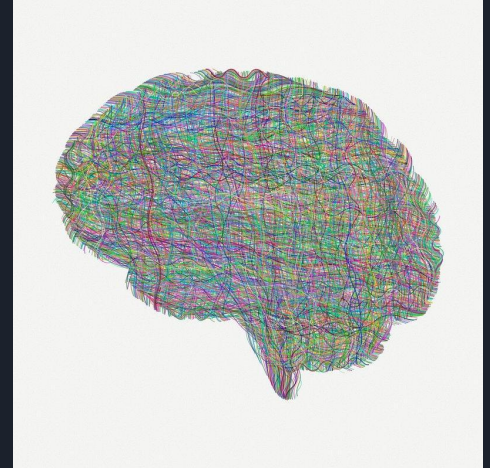
- Anxiety
- Anger or frustration
- Denial
- Guilt
- Overall negativity
- Isolation or feeling alone



External burnout

What can it look like on the outside?

- Withdrawal from friends, family, and other loved ones
- Changes in appetite and/or weight
- Changes in sleep patterns (lack of sleep)
- Getting sick more often
- Irritability , frustration or anger toward others.



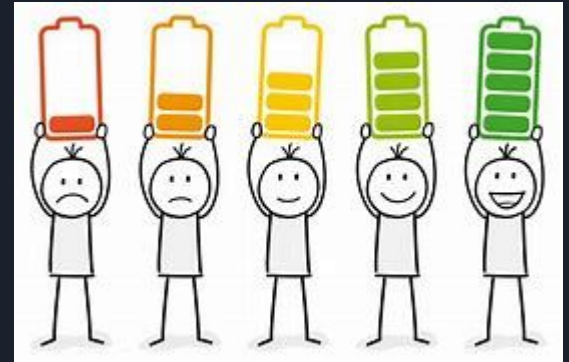
Stats for burnouts

More than 60% of caregivers experience burnout symptoms

Health impacts -in 2020, 21% of caregivers rated their own health as fair/poor

Caregivers face an increased risk of developing mental and physical health problems such as:

- Anxiety (26% of caregivers)
- Major depression (40-70% of caregivers)
- Physical health issues (23% of caregivers)
 - Weakened immune system
 - Hypertension
 - Obesity



Negative Coping

Burnout can lead to negative ways of coping such as:

- Alcohol 14%
- Substance use
- Further isolation
- Food 50%
- Self-Harm

***Medication 18%



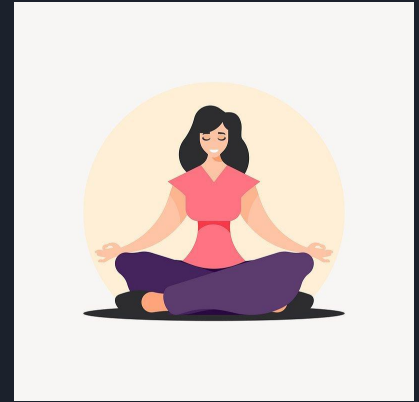
Long term impacts

What if the symptoms don't resolve?

- Depression and anxiety
- A weakened immune system
 - Prolonged illness
- Excess weight and obesity
- Chronic diseases such as heart disease, cancer, diabetes, or arthritis. Depression and obesity can increase the risk of these diseases.
- Problems with short-term memory or paying attention

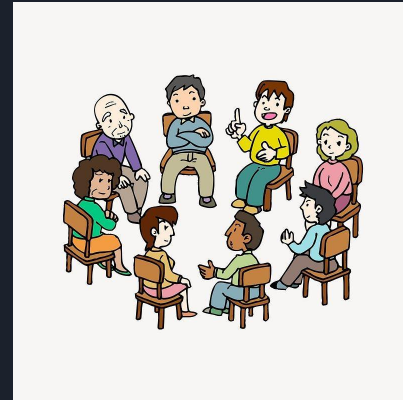


Healthy Coping skills/self care



Become your own best caregiver

- Recognizing the warning signs
- Seek appropriate help - calling a safe friend, seeking assistance in community, finding someone to help educate on appropriate level of care
- Lean into your Faith
- Join Support Group
- Take Time for yourself
 - Maintain your identity



Coping skills/self care

- Therapy- Individual/Group
- Set appropriate boundaries
- Eat well balanced meals
- Mindfulness
- Exercise
- Quality Sleep (CBT- Icoach)



Respite/Resources

- In home care
 - Out of pocket services
 - Choices
 - Home Health
- Respite
 - Adult Day Care
 - Faith-Based Programs
 - Organizations
- Private care aids
 - Help with Laundry/cleaning
 - ADL care
- National organizations





National Resources

The National Council on Aging (NCOA)'s Caregiving resource hub

The U.S. Administration on Aging's Caregiver Corner. You can also call 1-800-677-1116 for information.

The Caregiver Action Network, or call 1-855-227-3640.

The Family Caregiver Alliance, which offers many of its resources in Chinese, Korean, Spanish, Tagalog, and Vietnamese.

Taking Care of Yourself: Tips for Caregivers

<https://www.caregiving.org/guidebooks/>

Empty cup visualization





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