

**MARCH 2021**

## CAREGIVER BURNOUT

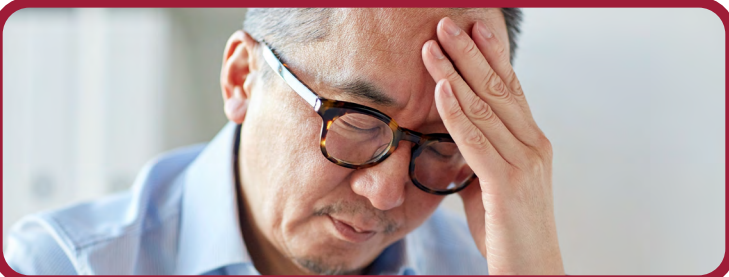
Along with the heavy workload and emotional demands of family caregiving, these issues also can contribute to burnout.

- Conflicting demands as you try to balance the needs of the care recipient, coworkers and employers, family members, and yourself.
- Lack of control over money and resources and a lack of the skills needed to effectively manage a loved one's care.
- Lack of privacy because caregiving may leave you with little time to be alone.
- Role confusion, difficulty separating your roles as caregiver and as the parent, child, sibling, spouse, or friend of the care recipient.
- Unreasonable demands placed upon a caregiver by other family members or the person being cared for.
- Unrealistic expectations about the effect caregiving efforts will have on loved ones with progressive diseases such as Parkinson's or Alzheimer's.



### RECOGNIZE THE SIGNS

- Anger or frustration toward the person you're caring for
- Anxiety and/or Depression
- Denial about your loved one's condition
- Exhaustion that makes it tough to complete your daily tasks
- Health problems, such as getting sick more often
- Inability to concentrate that makes it difficult to perform familiar tasks or causes you to forget appointments
- Irritability and moodiness
- Sleeplessness
- Social withdrawal from friends and activities that you used to enjoy



If you have an **Employee Member Assistance Program (EMAP)**, contact them for help. If you don't have an EMAP, **Caregiver support and resources** can be found here: [https://www.caregiving.org/wp-content/uploads/2010/11/caregiverselfassessment\\_english.pdf](https://www.caregiving.org/wp-content/uploads/2010/11/caregiverselfassessment_english.pdf)