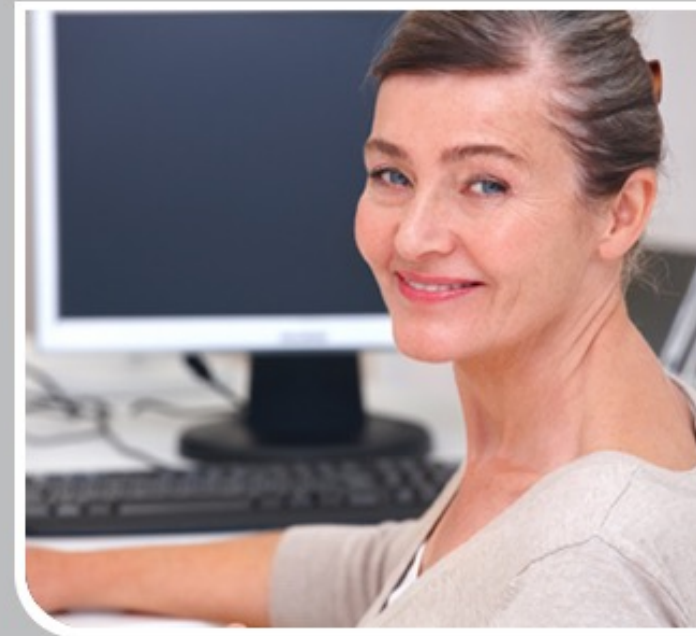


Training Series



11 Ways to Avoid Caregiver Burnout and Stress

G. Roger Rhodes
President and Owner
Mindy Sterling
Education Director

Homewatch CareGivers
720-344-4700

**Homewatch
CareGivers®**

Let our family care for yours.™

We Are Not Alone!



- **54 Million Family Caregivers**
- **Leading Caregivers are Spouses, Partners and Adult Children**
- **88% of Married individuals report their Spouse/Partner is their primary Caregiver**

We Are Not Alone!

- **37% of Family Caregivers > 40 hours**
30% spend 20 to 39 hours
- **Nearly 7 in 10 Family Caregivers spend less time with other family and friends since Caregiving started**
- **62% of Spouse/Partner Caregivers will develop health issues equal to or greater than the Spouse/Partner receiving care**

We Are Not Alone!

- **A Wife's hospitalization increases her Husband's chances of dying within a month by 35%.**
- **A Husband's hospitalization boosted his Wife's mortality rate by 44%**
- **91% surveyed that reported fair to poor health, also suffered from Depression**
- **81% with Depression said that family Caregiving made Depression worse**
- **Caregiver risk for experiencing burnout & depression is 30x greater vs non-Caregiver**

We Are Not Alone!

- CNN.com/health - extreme stress can take as much as 10 years off a Family Caregiver's life
- Family Caregivers report a chronic health condition more than 2x the rate of Non-Caregivers
- Baby Boomer Female - spends more time caring for aging Parents/In-laws than raising her own Children (S.G.)
- A State of Family Caregivers...
 - 5th Largest State in the Union



“Caregiver Syndrome”

- **“Caregiver Syndrome” used by the medical community because of its numerous consistent signs and symptoms.**
- **Dr. Jean Posner, a Neuropsychiatrist in Baltimore, Maryland, referred to Caregiver Syndrome as, “a debilitating condition brought on by unrelieved, constant caring for a person with a chronic illness or dementia.”**

11 Ways to Stop Caregiver Burnout

- **Give yourself permission to rest and to do things that you enjoy on a daily basis. You will be a better caregiver for it.**
- **Put your 'Mask on First'**
- **Accept your feelings. Caregiving can trigger a host of difficult emotions, including anger, fear, resentment, guilt, helplessness, and grief.**

11 Ways to Stop Caregiver Burnout

- **Talk Back to Negative Thoughts**
- **Talk to Friends**
- **Start a Project**
- **Keep a Record / Journal**
- **Look for Strength in Numbers**
- **Get Professional Help**
- **Try Supplements**
- **Be Patient – the Care Receiver and Yourself**

Get the Help You Need

- **Caregiving is a job and respite is your earned right.**
- **Don't try to do it all alone.**
- **Caregiver services in your community**
 - local Area Agency on Aging, senior center, senior services organization, county information and referral service, university gerontology department, or hospital or Nursing Home social work unit



Get the Help You Need

- **Caregiver support for veterans**

Some Veterans Administration programs are free, while others require co-payments, depending upon the veteran's status, income, and other criteria. Aid and Attendance Pension

- **Your family member's affiliations**

Fraternal organizations such as the Elks, Eagles, or Moose lodges may offer some assistance, as well as places of Worship

Get the Help You Need

- **Telephone check-ins**

Telephone reassurance provides calls to our Family Members to reduce their isolation and monitor their well-being. Check with your local AAA, religious groups, senior centers, and other public or nonprofit organizations.

Passive and Active Calls

Friends and Family

- **Provide Respite Care to so Family Caregiver can get an occasional break**
- **Because of demands on time, care can be augmented or substituted by volunteers**
- **What is Lotsa Helping Hands?
(www.lotsahelpinghands.com)**
 - Free, private, web-based communities for organizing friends, family, & colleagues – your ‘circles of community’ – during times of need.

Get the Support You Need

- Solicit help & support – Disease Organizations
- Non-profit Organizations are great sources for Education, Support Groups & some Grant \$
 - + Alzheimer's Association - www.alz.org/co
 - + American Cancer Society - www.cancer.org
 - + American Heart Association - www.heart.org
 - + R.M. Stroke Association - www.strokecolorado.org
 - + Breast Cancer - www.komendenver.org
 - + MS Society - www.nationalmssociety.org
 - + Parkinson's Association - www.parkinsonrockies.org

Seek Emotional Support

- **Remember that old adage...
"trouble shared is trouble halved"?**
- **Share what you're going through with at least one other person.**
- **Turn to a trusted friend or family member, join a Support Group, or make an appointment with a Counselor or Therapist.**
- **You can also draw strength from your faith (Stephen Minister+)**

Support Groups

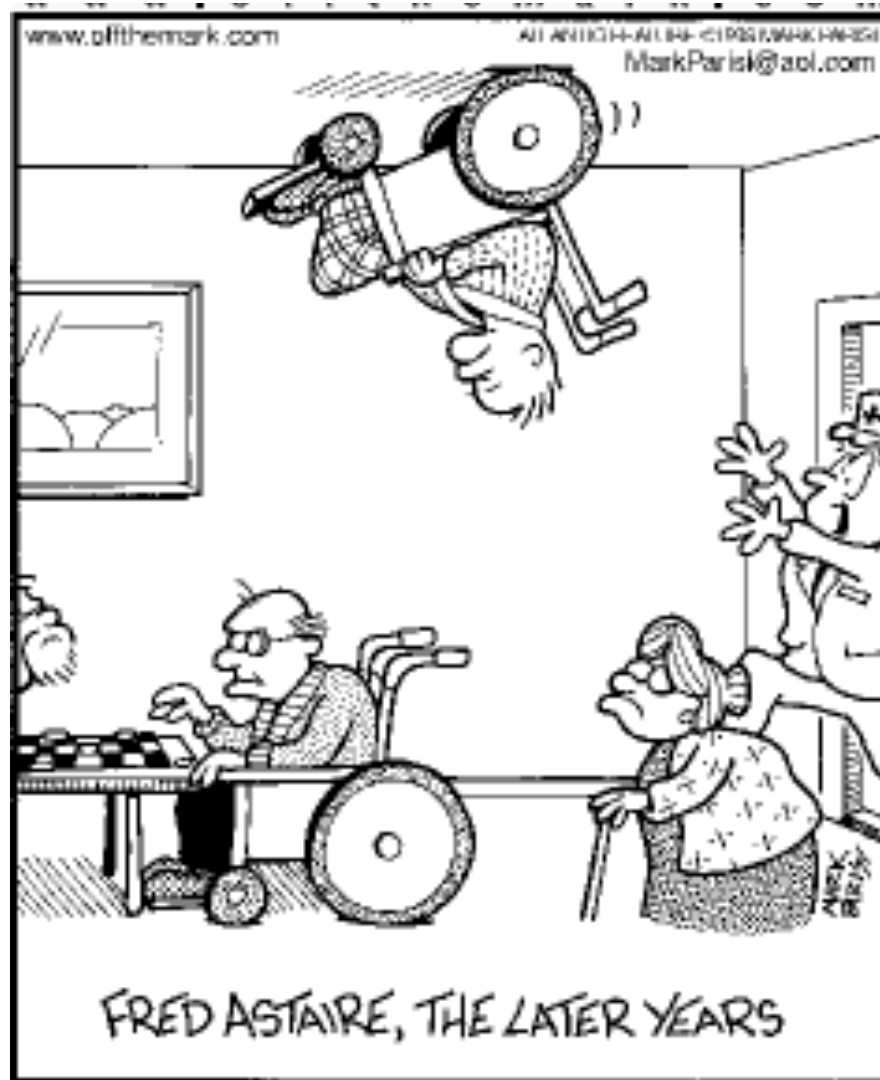
- **Most important, you'll find out that you're not alone. You are not 'The Lone Ranger'**
- **You'll talk about your issues and listen to others talk**
- **You'll not only get help, but you'll be able to help others, too.**
- **You'll feel better knowing that other people are in the same situation, and their knowledge can be invaluable, especially if they're dealing with the same illness you are.**

Support Groups

- **The meetings get you out of your own immediate issues and provide a mental break**
- **They get you moving toward providing a social outlet, and reduce the feelings of isolation.**
- **Since the people in the Support group are from your Metro area, they'll be more familiar with local resources and issues.**

Internet Support Groups

- **People are from all over the world and have similar interests or problems.**
- **You meet online, through email lists, websites, message boards, or chat rooms.**
- **You can get support without leaving your house - good for people with limited mobility or transportation problems.**
- **You can access the group whenever it's convenient for you**
- **If a special situation - there may not be enough people for a local group, but there will always be enough people online.**



Summary of Options

- **Friends and Family** (www.lotsahelpinghands.com)
- **Freelance / Independent Contractor** (WSJ)
- **Home Care Agency – Non-Medical**
- **Home Health Agency - Medical**

Freelance / Independent Contractor

PROS

- Can be less expensive



CONS

- **Verify Employment Eligibility / Alien / I-9**
- **Withhold & pay Social Security taxes**
- **Withhold & pay State & Federal Unemployment taxes**
- **Worker Comp to cover medical expenses / disability payments**

Professional Home Care Agencies



- **Non-medical – Companion Care & Personal Care**
- **Services tailor-made to Individual's wants and needs**
- **Caregivers are employees – screened, bonded, insured, trained and supervised by the Agency**

Home Care Pros and Cons

PROS

- **Specialized Care by a Professional**
- **Customized Care (1:1)**
- **Flexibility of scheduling**

CONS

- **Agency services & quality can vary widely (See “Make Sure” Checklist)**
- **Can cost more than Freelancer**



Payment Options for Long Term Care

- **Private Pay (accounts for 90% of payments for ALFs and Home Care)**
- **Long Term Care Insurance – growing in use**
- **Private Medical Insurance**
- **Funds through Disease Organizations**
- **Veterans Pension Benefits –
Aid & Attendance pension**

Resources

- Area Agency on Aging's Eldercare Locator - www.eldercare.gov
- Social Security/Medicaid/Medicare – www.ssa.gov & www.cms.hhs.gov
- American Association of Homes & Services for the Aging (AAHSA) - www.aahsa.org
- Colorado Association of Homes & Services for the Aging (CAHSA) - www.cahsa.org- put your state's info here
- www.benefitscheckup.org

Resources

- LTC Options (Medicaid Administrator in CO) 720-974-0032
www.longtermcareoptions.org
- SeniorHousingNet www.seniorhousingnet.com
- AARP – www.aarp.org
- Geriatric Care Manager - www.caremanager.org

Sources

- *Family Caregiver Alliance*
- *National Center on Caregiving*
- *SeniorHousingNet.com*
- *SeniorResource.com*
- *Arapahoe County Area Agency on Aging*
- *Colorado Department of Public Health & Environment*



For more Information and Resources

Let us know how we can assist you...

- G. Roger Rhodes
Owner and Director
- Mindy Sterling
Education Director

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