



Caregiver Burnout
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Caregiver Burnout

- ❖ **The demands of caregiving can be overwhelming, stressful and emotional.**
- ❖ **Stress of caregiving can take a toll on anyone's health, relationships, and state of mind.**
- ❖ **Caregiving can lead to *burnout*.**



What caregiver burnout means:

- ❖ **Caregiving can bring many positives in one's life but also can take a toll on one's mental and physical ability.**
- ❖ **Caregiver burnout happens when we do not have time to do all that's asked or expected of us.**
- ❖ **We may feel like no matter what we do it's not enough, or everything is on our shoulders.**



Why is it stressful:

- 1. Long-term challenge: face years/decades of responsibilities.**
- 2. Disheartening when there is no extra help.**
- 3. Upsetting when family does not get better.**
- 4. No ways to escape the demand of the job.**
- 5. Failure: caregiving burnout can lead to placement of loved one in a nursing facility.**



What causes burnout:

- 1. Fear and uncertainty**
- 2. Shifting roles**
- 3. Too much to do**
- 4. Financial pressure**
- 5. Loneliness and isolation**
- 6. Little time alone**
- 7. Constant demands**
- 8. Guilt**



Common signs of burnout:

- ❖ **Anxiety, depression, irritability**
- ❖ **Feeling tired and run down**
- ❖ **Difficulty sleeping**
- ❖ **Overreacting, snapping at everyone**
- ❖ **New or worsening health problems, weakened immune system**
- ❖ **Trouble concentrating**
- ❖ **Feeling increasingly resentful**
- ❖ **Drinking, smoking, or eating more**
- ❖ **Neglecting responsibility**
- ❖ **Cutting back on leisure activity**



Overcoming burnout:

- ❖ **Exercise: find ways to dial down tension.**
- ❖ **Take a break.**
- ❖ **Focus on things that can be controlled.**
- ❖ **Celebrate the small victories.**
- ❖ **Applaud your own efforts.**
- ❖ **Speak up.**
- ❖ **Set up regular appointments for yourself.**
- ❖ **Say yes to others who want to help.**
- ❖ **Find ways to pamper yourself.**
- ❖ **Eat well.**
- ❖ **Get sleep.**
- ❖ **Meditate.**
- ❖ **Laugh.**
- ❖ **Prioritize activities that bring enjoyment.**
- ❖ **Give yourself permission to cry or grieve.**
- ❖ **Learn to say “no”.**

Finding Balance in Your Life:

- ❖ **It is easier to accept a difficult situation when there are other areas of your life that are rewarding, it's important not to let caregiving take over your life.**
- ❖ **Invest in things that give you meaning and purpose—whether it is your family, church, a favorite hobby, or your career.**
- ❖ **While caring for a loved one will never be stress-free, there are way to lighten the load and feel more balanced.**

Local Support Groups:

- ❖ **Cancer Caregiver: Alan B. Pearson Cancer Center 434.200.4522**
- ❖ **Lynchburg Parkinson Support Group: The Summit 434.582.1500**
- ❖ **Alzheimer's Support Groups: Varies Locations**
 - ❖ **Charlottesville 434.960.0531 or 434.817.5222**
 - ❖ **Roanoke 540.981.2350**
 - ❖ **Danville 434.791.4074**
 - ❖ **Lynchburg 434.582.1500**
 - ❖ **Farmville 757.459.2405**



Healthy Recipe:

Roasted Chicken and Sweet Potatoes

Ingredients

- 2 tablespoons whole-grain or Dijon mustard
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried
- 2 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1½-2 pounds bone-in chicken thighs, skin removed
- 2 medium sweet potatoes, peeled and cut into 1-inch pieces
- 1 large red onion, cut into 1-inch wedges

Directions

- 1 Position rack in lower third of oven; preheat to 450°F. Place a large rimmed baking sheet in the oven to preheat.
- 2 Combine mustard, thyme, 1 tablespoon oil and ¼ teaspoon each salt and pepper in a small bowl; spread the mixture evenly on chicken.
- 3 Toss sweet potatoes and onion in a bowl with the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.
- 4 Return the pan to the oven and roast, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and an instant-read thermometer inserted into a chicken thigh registers 165°F, 30 to 35 minutes.

