

Caregiver Stress & Support

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Why is it important to reduce caregiver burden?

- Care givers need **love and respect for what they do.**
- They also need someone to listen to their needs without passing judgment or giving them advice.
- They need a little time for themselves as well.

Stress and frustration.

- 30 to 40% of dementia caregiver suffer from both **depression and emotional stress**.
- 16% of caregivers are emotionally strained.
- 26% taking care of their loved one is hard on them emotionally.

Flip side of care giving

- **Negative consequences**
- **Decreased care provision**
- **Decrease in quality of life**
- **Physical & psychological health deterioration**

What are signs of caregiver stress?

- Changes in appetite, either eating too much or too little
- Negative emotions:
 - hopelessness, depression or feelings of alienation
- Loss of control:
 - physical or emotional
- Poor treatment of the loved being cared for

Challenge facing the caregiver?

- Isolation: Can be extremely time-intensive, particularly who also maintain a job in addition to their caregiving responsibilities....
- Caregiver burnout....
- Little to no professional resources....
- Financial strain....
- Lack of support....

What causes caregiver burnout?

- **Often are so busy caring for others**
- **Tend to neglect their own emotional, physical and spiritual health.**
- **Demands on a caregiver's body, mind and emotions can easily seem overwhelming,**
- **Leading to fatigue, hopelessness and ultimately burnout.**

Benefits of support groups

- **Feeling less lonely, isolated or judged.**
- Reducing distress, depression, anxiety or fatigue.
- Talking openly and honestly about their feelings.
- Improving skills to cope with challenges.
- Stress buster

Support groups

- Offer a **safe and comfortable platform**
- **Meet similar people and share their experiences.**
- Learn new caregiving tips
- Know useful resources.
- Receive help
- And also may be able to help others

What Makes a Good support Group

- Dedicated to the cause of helping and caring.
- Assess the needs of the individuals and the group as a whole.
- Plan programs.
- Recruit members
- Set up meetings
- Distribute information.
- Other invited speakers (Physician or other professional)

Caregiver burden scale

- The Caregiver Burden Scale is a simple instrument composed of 22 questions.
- Grouped into five dimensions (general tension, isolation, disappointment, emotional involvement and environment),
- covering important areas for caregivers, such as health, mental wellbeing, personal relationships, physical overload, social ...

Caregiver Burden Scale

Caregiver's name: _____ Date: _____

The following questions reflect how people sometimes feel when they are taking care of another person. After each question, circle how often you feel that way: never, rarely, sometimes, frequently, or nearly always. There are no right or wrong answers.

	Never	Rarely	Sometimes	Frequently	Nearly always
1. Do you feel that your relative asks for more help than he or she needs?	0	1	2	3	4
2. Do you feel that because of the time you spend with your relative, you do not have enough time for yourself?	0	1	2	3	4
3. Do you feel stressed between caring for your relative and trying to meet other responsibilities for your family or work?	0	1	2	3	4
4. Do you feel embarrassed over your relative's behavior?	0	1	2	3	4
5. Do you feel angry when you are around your relative?	0	1	2	3	4
6. Do you feel that your relative currently affects your relationship with other family members or friends in a negative way?	0	1	2	3	4
7. Are you afraid about what the future holds for your relative?	0	1	2	3	4
8. Do you feel your relative is dependent on you?	0	1	2	3	4
9. Do you feel strained when you are around your relative?	0	1	2	3	4
10. Do you feel your health has suffered because of your involvement with your relative?	0	1	2	3	4
11. Do you feel that you do not have as much privacy as you would like, because of your relative?	0	1	2	3	4
12. Do you feel that your social life has suffered because you are caring for your relative?	0	1	2	3	4

How to decrease caregiver stress?

- Create a support system for yourself.
- Over time, there will be emotional toll.
- Many hospitals, health care plans, and religious organizations offer support groups for caregivers.

Caregiving breaks

- family and close friends.
 - Sometimes family or friends don't know where to start or what they could do. ...
- Hire help for non-caregiving tasks. ...
- Hire an in-home caregiver. ...
- Enroll in an adult day program. ...
- Use respite care. ...
- Find local volunteer programs.

Support Group

- Specific period of time or for an indefinite period of time.
- Open or closed Group
- Setting a time and place the support group meeting
- A group leader or facilitator
- encourage members
 - to listen to each other
 - to offer support to one another
 - to talk about themselves
- help members solve problems

Support groups

- don't cost much to run - advertising for the group refreshments meeting space, someone to donate it.
- Support groups empower people to work to solve their own problems.
- Members can share information, keeping one another up to date on news of interest to them.
- experiencing similar problems, there is a unique emotional identification
 - that is different from the type of support that can be gotten from professionals.
- Members act as role models for each other.
 - Seeing others who are contending with the same adversity and making progress in their lives is inspiring and encouraging.

Support groups...

- intensely personal issues, experiences, struggles, and thoughts.
- Talking to a counselor or doctor can be very intimidating for some people, because those relationships tend to place more power with the professional.
- In a support group, members are equals; this can make people feel much more comfortable opening up about their problems.
- Talking to others in support groups reduces anxiety, improves self-esteem, and helps members' sense of well-being overall.

Problem-solving

- Clarifying the problem:
- Talking about the alternatives:
- Choosing which option(s) to take:
- Offering help:

KEEPING A SUPPORT GROUP GOING

- Keeping track of the group's progress
- Sharing responsibility of the group
- Everyone has a chance to talk.
- Emphasize the importance of confidentiality
- Communicate
- Communicate
- Communicate

Self-Care for Caregivers

- Take time for self and own needs. ...
- Eating a well-balanced diet. ...
- Exercise by taking short walks daily or at least three times a week.
- Listening to guided relaxation recordings or relaxing music.
- Scheduling short rest periods between activities
- Setting limits for one can do.
- Learning to say “NO”

Avoid Common Caregiving Mistakes

- Overlooking Suspected Elderly Exploitation
- Denial of Health Issues
- Not Taking Care of own Physical Health
- Not Taking Time for Caregiver Self-Development and Training
- Neglecting Own Personal Time

Caregiver syndrome

- Also known as caregiver burnout or caregiver stress,
- State of physical, emotional, and mental exhaustion
- Experienced by many individuals who care for a loved one who is aging or chronically ill.
- “Burned out” Caregivers may experience fatigue, stress, anxiety and depression.

10 Tips for a Caregiver's Self-Care

1. Know when and how to identify self as a family caregiver.
2. consider self an informal (nonpaid) worker in the long-term care
3. caregiver burden exists even if one feel like it is a blessing to help
4. Access many of the free resources for family caregivers

10 Tips for a Caregiver's Self-Care...

5. Develop an awareness of new family roles, identities, dynamics, and ways to communicate with each other
6. Educate yourself about your loved one's diseases, chronic conditions, disorders, disabilities
7. Know that your self-care is just as important and find that balance of caring for yourself as you care for your loved one
8. S.M.A.R.T. goals: specific, measurable, achievable, relevant, and time-bound.

10 Tips for a Caregiver's Self-Care...

9. S.M.A.R.T. goals on fall prevention for your loved one or yourself by modifying your home environment.
10. Consult with a Family Care Navigator, a private care manager, or gerontologist to develop a tailored Caregiver Action Plan