



Parent & Carer Burnout Support Guide

For the carers carrying more than most people realise.

Understanding Burnout

Carer burnout can show up physically, emotionally and mentally. Many carers spend years advocating, coordinating appointments, managing crisis responses and holding households together while neglecting their own wellbeing.

Signs You May Be Running On Empty

- Feeling emotionally numb or constantly overwhelmed
- Difficulty sleeping or relaxing
- Snapping more easily or feeling constantly on edge
- Avoiding phone calls, appointments or responsibilities
- Feeling guilt for needing rest

Practical Supports That Can Help

Short-term respite, support coordination, peer support groups, mental health supports, meal assistance, flexible support workers and community connection can all reduce pressure over time.

Important Reminder

Needing support does not mean you are failing. Sustainable care requires support around the carer as well as the participant.

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