

Caregiving can Become More Satisfying

- Research shows deep satisfaction can come from difficult experiences. According to a survey by the National Caregivers Association, 70% of family caregivers find inner strength they didn't know they had due to caregiving.
- Caregiving can create a new level of intimacy and closeness between the caregiver and receiver.
- Best care practices can help you and your loved one continue to enjoy a satisfying life together.

Turn to ComForCare Home Care for DementiaWise Care

Proven dementia care methods | Short- or long-term care
Respite care | Educational family caregiver support



References

¹<https://150.statcan.gc.ca>

²<https://150.statcan.gc.ca>

³<https://150.statcan.gc.ca>

⁴<https://150.statcan.gc.ca>

Caregiver Burnout

Caregiver burnout is a state of physical, emotional and mental exhaustion that may be accompanied by a change in attitude from **positive and caring** to **negative and unconcerned**. Caregiver burnout is one of the most common reasons people with dementia are placed in a facility.

Recognizing Family Caregiver Burnout

*Here are some
questions to consider:*

- Is the family caregiver irritable, sad, hopeless, helpless and/or physically or emotionally exhausted?
- Are there changes in the caregiver's sleep pattern, appetite or weight?
- Is there a loss of interest in activities that were previously enjoyed?
- Is the caregiver getting sick more often?
- Is the caregiver withdrawing from friends and family?
- Does the caregiver have feelings of wanting to hurt his/herself or the person who receives care?

These are symptoms of
caregiver burnout and
must be taken seriously.

Some Solutions You Can Implement

- Confide in trusted people, including professionals (e.g., clergy, physician or counselor).
- Set realistic goals, know your limits and accept you need some help.
- Obtain respitecare for short- or long-term help.
- Join an educational caregiver support group.
- Learn new tools to care for yourself and your loved one.
- Maintain a sense of humor and accentuate the positive.
- Accept your feelings including negative ones.
- Set aside time for you.
- Take care of yourself each day: get sufficient sleep, exercise, rest regularly, eat healthy foods and seek medical attention for preventative care and when ill.

Reducing Burnout Risks for Family Members Who Care for Loved Ones With Dementia

Family caregivers are the engine that pulls the train. Your loved one truly depends upon your care. If you are ill or exhausted, it can have a negative effect on your loved one. Persistent feelings of anger, sadness, loneliness, anxiety, frustration or despair can also impair the care you provide to your loved one.

Family caregiver stress can be harmful to physical and mental health. It is vital for you to take care of your own health and well-being. When you take time to care for yourself, it may allow your loved one with dementia to live at home longer – even until the end of life.

Facts You Should Know

According to research compiled by www.150.statcan.gc.ca

- In 2018, approximately one in four Canadians aged 15 and older (or 7.8 million people) provided care to a family member or friend with a long-term health condition, a physical or mental disability, or problems related to aging.
- People who care for or help their partner or child are most likely to have an elevated level of psychological distress.
- 38% of regular caregivers of a child and 34% of those of a spouse reported feeling depressed as compared to 21% of those providing care to their parents.
- Some caregivers provided care on a basis equivalent to a full time job.

Respite Care Is Powerful!

Being a caregiver can be incredibly rewarding, but it can also be an all-consuming responsibility and no one is equipped to do it alone. At times caregivers can feel stressed and depleted of energy. Respite care gives caregivers a much-needed break in order to recharge and restore balance to their lives.

Respite care is a way to provide care to the caregiver. Benefits of respite care include:

1. Boosts energy levels
2. Provides opportunities to socialize
3. Assists in finding balance
4. Helps caregivers maintain their personal space
5. Allows caregivers to continue working

Benefits of Respite Care	Caregivers Who Agree
Respite care made them a better caregiver.	98%
Respite care created a less stressful home environment.	98%
Respite care allowed their loved way to stay living at home.	88%
Respite contributed to the stability of their marriage.	79%

Various research shows respite care improves the mental and physical health of family caregivers and is associated with reduced hospitalizations for both the ill person and caregiver. As few as four hours respite a week made a real difference.