



10 SIGNS OF CAREGIVER BURNOUT

At HomeCare Advocacy Network, we know that caring for older loved ones is incredibly rewarding.

We also know that the demands of caregiving can be very stressful - especially for those who are juggling full-time jobs, family activities and other responsibilities.

When you're taking care of someone else, it's easy to overlook your own health and wellbeing, but neglecting your own needs could lead to caregiver burnout. ❤️



WARNING SIGNS INCLUDE:

- ➔ Emotional and physical exhaustion
- ➔ Withdrawal from friends, family and other loved ones
- ➔ Loss of interest in activities previously enjoyed
- ➔ Changes in appetite and weight gain or loss
- ➔ Mood swings
- ➔ Changes in sleep patterns
- ➔ Unable to concentrate
- ➔ Getting sick more often
- ➔ Becoming unusually impatient, irritable or angry
- ➔ Feeling like caregiving is controlling your life

If you are experiencing feelings of frustration or stress, you're not alone. Caring for a loved one can strain even the most resilient people - physically and mentally.

It's important to take steps to help manage stress and ward off caregiver burnout.



HomeCare
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AVOIDING CAREGIVER BURNOUT

✓ **Accept or ask for help**

If help is offered, take it. If you have to ask family or friends for assistance, do it. Be prepared with a list of ways others can help.

✓ **Delegate**

Make a list of daily tasks and, when possible, delegate. Maybe your spouse can cook dinner a couple of days a week or your children can take care of the laundry.

✓ **Take breaks**

When someone else takes over, go for a walk, visit friends, go to a movie, get a massage - anything that can help you relax.

✓ **Prioritize self care**

Eat well, exercise, relax and get enough sleep. If you're not healthy, the quality of care you're able to provide will suffer.

✓ **Get connected**

Take time to learn about caregiving resources in your community, including options for meal delivery, transportation and housekeeping.

✓ **Join a support group**

It helps to know you're not alone. A support group can validate your feelings, offer encouragement and help you overcome some of the challenges you face. You also will be able to meet new people and perhaps build lasting friendships.

✓ **Enlist the help of a professional caregiver**

Whether it's for a few hours a day or a few days a week, a professional caregiver will ensure your aging loved one is getting the best care possible - while giving you a much needed break.

Our experienced care teams help families create the perfect balance between caring for their loved one and taking care of themselves. Whether it's help with day-to-day tasks or personal and dementia care, our trained, professional caregivers are committed to helping you meet the unique needs of your aging loved ones - while giving you peace of mind.

To learn more about services that can give you more free time, manage stress and avoid caregiver burnout, find an HCAN franchise near you.

HCAN.com