



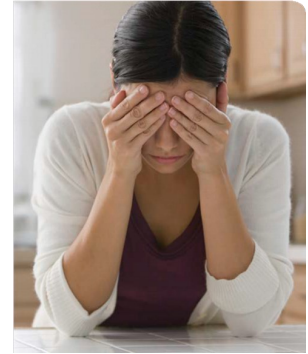
What is Caregiver Burnout?

Article courtesy of The American Heart Association

Caregiver burnout is caused by long-term stress that can affect your physical, emotional and mental well-being.

You become overwhelmed trying to meet the constant demands of your caregiving role. It can also have a negative effect on how you care for yourself and your loved one.

Many caregivers don't take time to care for themselves and they begin to show signs of caregiver burnout. Your health and well-being benefit your loved one just as they benefit you. Learn the signs of caregiver burnout and seek help if you're having them.



What are the signs of caregiver burnout?

As a caregiver, you're under a lot of stress. Long-term stress can lead to health problems. So, watch out for signs of burnout, including:

- Denial about your loved one's condition.
- Anger toward the person you're caring for.
- Social withdrawal from friends and activities you enjoy.
- Anxiety about caregiving responsibilities.
- Depression and anxiety.
- Exhaustion and lack of energy to do things.
- Losing control physically or emotionally.
- Trouble falling or staying asleep.
- Difficulty concentrating.
- Unhealthy behaviors such as drinking or smoking too much.

If you're experiencing any of these warning signs, take steps to get your life back into balance.

How can I avoid burnout?

- Take it one day at a time. You can take steps to avoid caregiver burnout by:
- Learning more about your loved one's condition and how to manage it.
- Discussing your feelings with a friend or joining a support group for caregivers.
- Finding out what caregiving resources are available in your community.
- Asking for and accepting help from others.
- Using day care or respite care so you can take time for yourself.
- Using relaxation techniques such as meditation, yoga or breathing exercises.
- Taking care of yourself by eating well, exercising and getting plenty of rest.
- Talking to a counselor or therapist, if needed.

Access FREE caregiver training and resources

Trualta is an online platform designed to help families build skills to manage care at home for their aging loved ones. Improve confidence, reduce stress and prevent burnout by learning care skills. Once you are registered, you have unlimited access to their articles and tips about caring for your loved one.

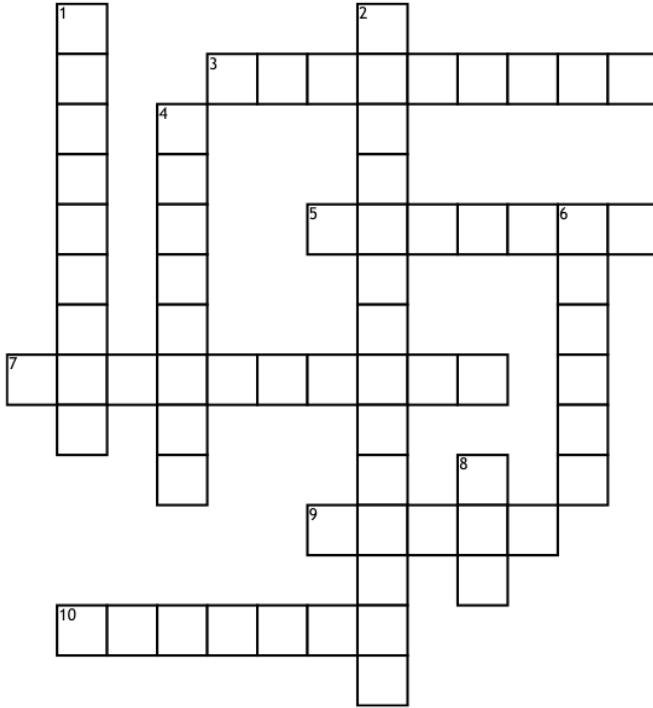
Trualta is really easy to use. All you will need to start is a computer, tablet, or smartphone. With lessons ranging from 5 minutes to 2 hours, Trualta makes it easy for you to fit caregiver training in whenever it works for you.

Get access to FREE online educational resources to help caregivers like you!
thrivealliance.trualta.com





Stress and Caregiver Burnout



Across

- 3. Feeling _____ is the number one contributor to burnout.
- 5. _____ your body with fresh fruit, vegetables, lean protein, and healthy fats.
- 7. A daily relaxation or _____ practice can help you relieve stress and boost feeling of joy and well-being.
- 9. Most people need more _____ than they think they do.

- 10. Constantly being exhausted even after sleeping or taking a break is a sign of _____.

Down

- 1. Celebrate the small _____.
- 2. Spread the _____.
- 4. _____ is a powerful stress reliever and mood enhancer.
- 6. Anxiety, depression, and irritability are common signs of _____.
- 8. Say _____ when someone offers assistance.

Crossword Puzzle Answers:

Across

- 3. powerless
- 5. nourish
- 7. meditation
- 9. sleep
- 10. burnout

Down

- 1. victories
- 2. responsibility
- 4. exercise
- 6. stress
- 8. yes



Feeling Stretched as a Caregiver?

Powerful Tools for Caregivers is an educational series designed to provide caregivers with the tools they need to take care of those in their care while also taking care of themselves. The program is offered free of charge.

Classes consist of six sessions held once a week. Interactive lessons, discussions and brainstorming help caregivers take the “tools” they choose and put them into action. Participants receive a copy of *The Caregiver Helpbook* to supplement the coursework.

Classes will be held every Thursday from 4:30 p.m. to 6:00 p.m., September 19 through October 24, in the Community Room of Crossroads Senior Apartments, 500 South Poplar Street in Seymour.

Registration is required. For more information or to register, contact 812.372.6918 ext. 2402 or 2404 by September 15.

Do you have an email address? Want to receive your newsletters electronically? Please submit your email address to jferril@thrive-alliance.org for future correspondences. If you desire a listing of caregiver support groups, whether live or virtual, please e-mail or call me at 812-314-2783. We also have a Thrive Alliance Caregiver Resources Facebook group page. Please e-mail or call if you would like to be a part of the group. If you want to be removed from the mailings, please let me know that as well.

Introducing the Aging Brain Care Program

The **Aging Brain Care Program** at Thrive Alliance is a program for Medicaid Waiver, Choice and Title III clients. The program is geared toward caregivers of clients with a diagnosis of Dementia or Alzheimer's Disease.

The program is designed to help reduce caregiver stress by addressing the top caregiver stressors and developing strategies to reduce those stressors. We also utilize the caregiver stress bundle, which consists of eight consecutive hours of time off, caregiver support groups, problem solving and crisis planning.

More than three million people with dementia experience various cognitive, functional, behavioral and psychological disabilities. Dementia generates financial and emotional stress for the person with dementia *and* their unpaid caregivers.

The **Aging Brain Care (ABC)** program is an evidence-based population brain health management program that uses an interdisciplinary care team to improve the brain health of community dwelling adults at risk for cognitive impairment or those living with Alzheimer's disease and related dementias (ADRD).

The program is rooted in collaborative care including the patient's care partner(s) and the patient's primary care team.

Unique characteristics of the ABC model include home-based assessments of caregiver stress and patient cognitive, behavioral, psychological and functional status coupled with protocol-driven interventions.

All interventions are done in collaboration with the primary provider. The ABC model does not assume care of the patient but rather brings resources to the table for the primary provider.

The Aging Brain Care program meets Guiding an Improved Dementia Experience (GUIDE) Model requirements—a model test that aims to support people living with dementia and their unpaid caregivers.

Care Coordination and Management

Management of dementia and co-occurring conditions delivered by an interdisciplinary care team: geriatrician or primary care provider, social worker and care coach.

Caregiver Education and Support

- ABC care coach receives 40 hours of training.
- ABC care coach delivers caregiver skills training and education.
- ABC care coach routinely completes the Healthy Aging Brain Care (HABC) monitor to assess caregiver's stress. Results guide which care protocols should be used.

ABC care coach completes the evidence-based Caregiver Stress Prevention Bundle (CSPB) centered on support group participation, problem solving, and crisis planning.

- Respite Services
The caregiver is encouraged to take up to eight hours of respite care per week.