

CAREGIVER BURNOUT

Symptoms

- Emotional and physical exhaustion
- Withdrawal from friends and family
- Loss of interest in preferred activities
- Feeling hopeless and helpless
- Changes in appetite and/or weight
- Changes in sleep patterns
- Unable to concentrate
- Getting sick more often
- Irritability

Causes

- Lack of control
- Role confusion
- Too many responsibilities
- Varied expectations
- Lack of privacy
- Lack of support

What is it?

A state of physical, emotional, and mental exhaustion.

3 Stages

1. Emotional exhaustion
2. Depersonalization
3. Reduced personal accomplishment

