



The Caregiver Toolkit

*Caregiver Burnout- Symptoms and
Causes*

Meeting Objectives

- 1 Understand the current situation of caregiver's not being seen
- 2 Dissect the meaning of caregiver burnout
- 3 Analyze three dimensions of burnout
- 4 Review symptoms of caregiver burnout
- 5 Discuss causes of caregiver burnout



DOCUMENTARY TRAILER

UNSEEN

How We're Failing
Parent Caregivers &
Why It Matters

Reflect

*What is your reaction to
this video?*

How did it make you feel?

*How does it resonate
with you?*

*Are you
pouring
from an
empty cup?*



What is Caregiver Burnout?



- A state of physical, emotional, and mental exhaustion
- Impacts a caregiver's overall well-being

More than 22%

of caregivers are so exhausted they feel they cannot handle all of their caregiving responsibilities

16%

of caregivers feel emotionally strained

1 in 10

caregivers report that caregiving has caused their physical health to worsen

Maslach's Three Dimensions of Burnout



Emotional
Exhaustion



Depersonalization



Reduced Personal
Accomplishment

WITHDRAWAL

HOPELESSNESS

SLEEP

FOCUS

EXHAUSTION

Common Symptoms of Burnout

APPETITE

DEPRESSION

ANXIETY

DENIAL

FRUSTRATION

More than 60% of
caregivers experience
symptoms of burnout



Causes of Burnout



Chronic stress over time from:

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

Caregiver Quiz

In caring for a loved one, how often do you have the following experiences:	SCORE
Feeling resentful	
Feeling trapped	
Being tired, not getting enough sleep	
Feeling weary	
Feeling troubled	
Feeling helpless	
Poor appetite or overeating	
Being physically exhausted	
Feeling disillusioned	
Feeling useless	
Being utterly drained of feeling	
Feeling "burned out"	
Being unhappy	
Feeling anxious	
Feeling rejected	
TOTAL	

Score each item on a scale of 1 through 7:

- 1 (Never)
- 2 (Once or twice)
- 3 (Rarely)
- 4 (Sometimes)
- 5 (Often)
- 6 (Usually)
- 7 (Always)

Score Interpretation



Score less than 60



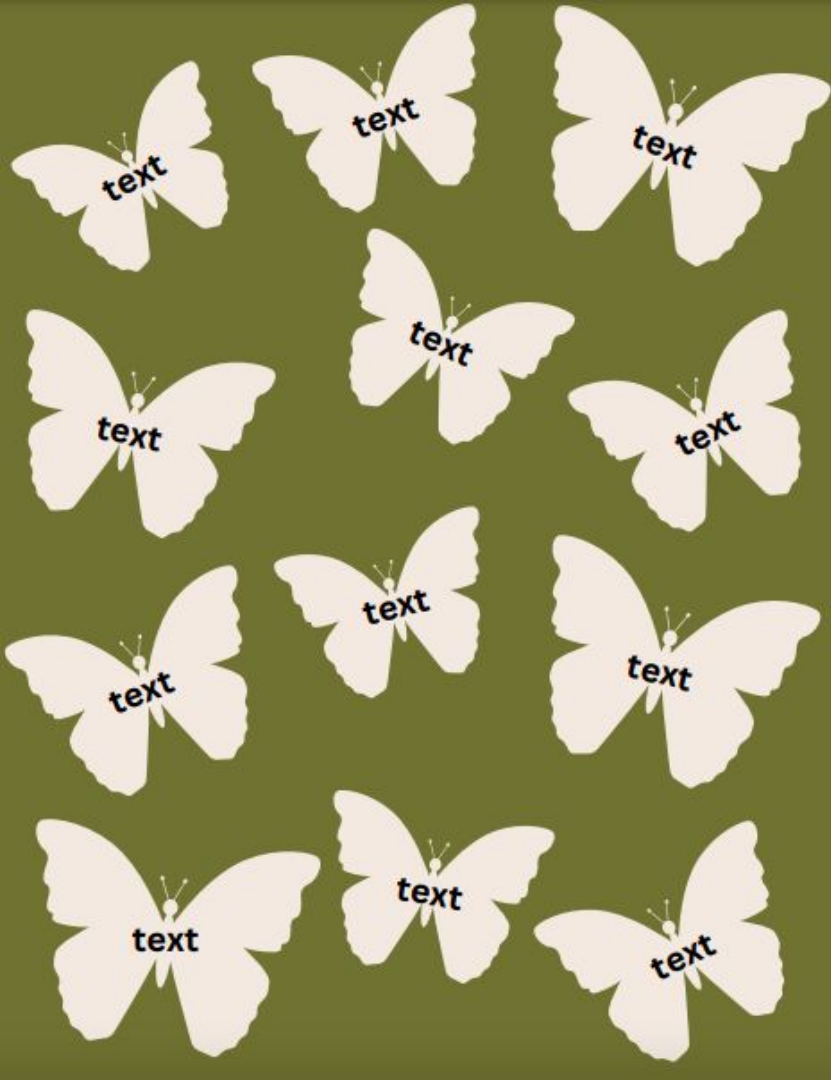
Score 60 or above



Score 90 or above

Van Gogh “Long Grass with Butterflies” Metaphor





*“In the midst of the mess,
hope is depicted in the
tiny white butterflies.”*

What are your tiny white
butterflies of hope?

It's time to
refill your
cup





Questions?

Satisfaction Survey

Please scan the QR code to fill out



References

Scan the QR below

