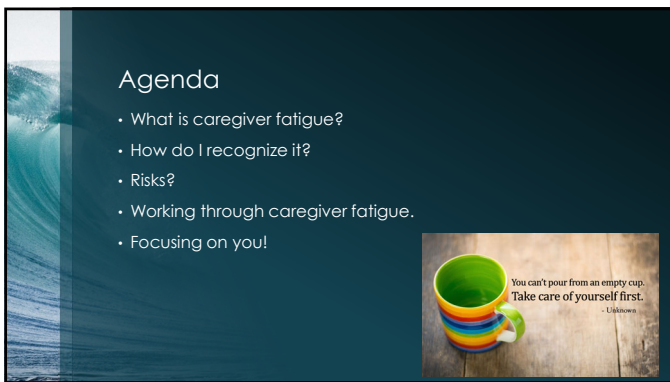


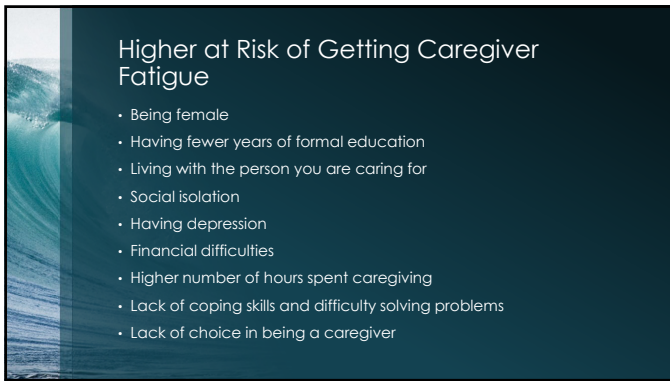
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Higher at Risk of Getting Caregiver Fatigue

- Being female
- Having fewer years of formal education
- Living with the person you are caring for
- Social isolation
- Having depression
- Financial difficulties
- Higher number of hours spent caregiving
- Lack of coping skills and difficulty solving problems
- Lack of choice in being a caregiver

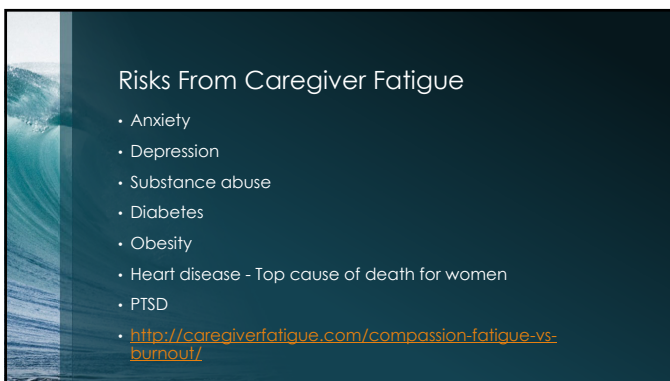
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What Are Signs of Caregiver Fatigue?

- Withdrawal from friends and family
- Loss of interest in activities previously enjoyed
- Feeling blue, hopeless, and helpless
- Changes in appetite, weight, or both
- Changes in sleep patterns
- Getting sick more often
- Feelings of wanting to hurt yourself or the person for whom you are caring
- Emotional and physical exhaustion
- Excessive use of alcohol and/or sleep medications
- Irritability

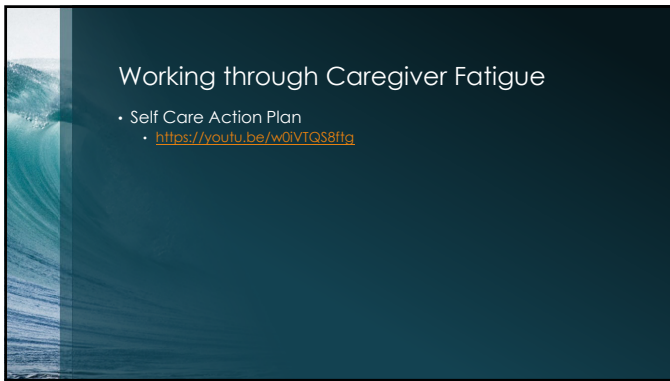
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Risks From Caregiver Fatigue

- Anxiety
- Depression
- Substance abuse
- Diabetes
- Obesity
- Heart disease - Top cause of death for women
- PTSD
- <http://caregiverfatigue.com/compassion-fatigue-vs-burnout/>

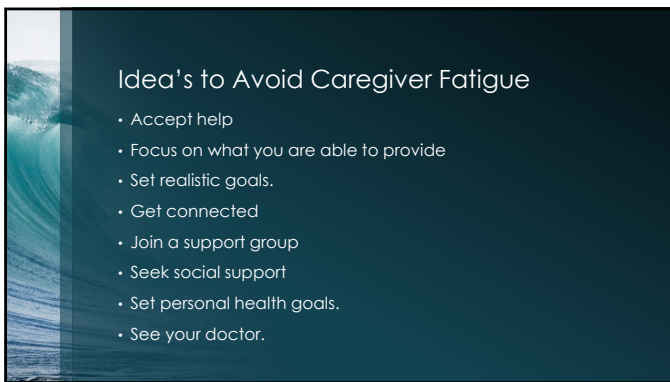
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Working through Caregiver Fatigue

- Self Care Action Plan
 - <https://youtu.be/w0iVTQ88f1g>

7



Idea's to Avoid Caregiver Fatigue

- Accept help
- Focus on what you are able to provide
- Set realistic goals.
- Get connected
- Join a support group
- Seek social support
- Set personal health goals.
- See your doctor.

8




How to Cope?

- Maintaining Social Relationships
- Prioritizing quick mental health boosts
- Eat right
- Taking a timeout
- Respite care

9

Final Thoughts

- Providing care for others is not easy. It is a labor-intensive and emotionally exhausting life choice that is only made by those with the biggest hearts. But it is precisely these hearts that must be protected, and caregivers are advised to find ways to mitigate stress even on their worst days. A balanced diet, timeouts for self-care, and a positive perspective go a long way toward achieving a balance.



10

Resources

- Raise the Future - <https://www.raisefuture.org/>
- CO4Kids - <https://www.co4kids.org/>
- Adopt US Kids - <https://www.adoptuskids.org/adoption-and-foster-care/parenting-support/for-adoptive-parents>
- Foster Care and Adoptive Community - <http://www.fosterparents.com/>
- Colorado Coalition for Adoptive Families - <http://cocaf.org/>
- Colorado State Foster Parents Association - <https://cstfpa.org/>

11

References

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- Author, G. (2018, February 28). *Caregiver Fatigue: Why You Need a Break and How to Take One.* The Caregiver Space. <https://thecaregiverspace.org/caregiver-fatigue-why-you-need-a-break-and-how-to-take-one/>
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12
