



EnVision Retirement Seminar

Community of Christ Temple

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Caring for the Caregiver

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What Is a Caregiver?

Someone who is providing care for another person in need



Who Are Caregivers?

- 36% of adult Americans, unpaid
- Number expected to increase
- Mostly women
- 3 in 5 have paid employment elsewhere



What Is Caregiver Stress?

- Anxiety resulting from emotional and physical strain of caregiving



Who Gets Caregiver Stress?

- Anyone
- If care needs are constant, such as Alzheimer's disease or dementia
- Caring for a spouse, especially women



What Are the Signs of Caregiver Stress?

(cont'd)

- Feeling helpless and angry
- Making mistakes in medication and care
- Turning to alcohol, food, and smoking
- Feeling overwhelmed
- Feeling alone, isolated, or abandoned
- Sleeping too much or not enough



What Are the Signs of Caregiver Stress?

(cont'd)

- Losing or gaining weight
- Feeling tired most of the time
- Losing interest in activities you used to enjoy
- Becoming easily irritated or angered
- Feeling worried or sad often
- Having headaches or body aches often
- Suicidal thoughts



How Does Caregiver Stress Affect Health?

- Depression and anxiety, increasing risk of heart attack and stroke
- Increased risk of suicide
- Weakened immune system
- Overweight, increasing risk of heart disease, stroke, and diabetes
- More chronic diseases, such as diabetes, cancer, arthritis, heart disease
- Short-term memory loss, especially among caregivers of Alzheimer's patients



How to Avoid or Relieve Caregiver Stress

- Attend classes on caregiving: ask your doctor or contact your Area Agency on Aging
- Find adult daycare and respite services
- Ask for help
- Join a caregiver support group
- Get a massage, pedicure, or manicure
- See a therapist regularly



How to Avoid or Relieve Caregiver Stress

(cont'd)

- Be organized
- Connect with friends and loved ones
- Do things you enjoy
- Eat healthily, sleep, and exercise daily
- Meditate and pray
- Journal, including gratitude
- Get regular check-ups
- Identify what refreshes you and do it regularly



What Community Resources Are Available?

- Meal delivery
- Psychotherapy
- Nursing or physical therapy
- Housekeeping, cooking, or companionship
- Home modifications, such as installing ramps or hand railings
- Legal and financial services
- Respite care



Where Can I Find Resources?

- [Area Agency on Aging](#)
- [National Eldercare Locator](#)
- Your religious leader
- Specialized organizations, such as the Alzheimer's Association
- Shepherd's Center
- Veterans' caregiving groups
- [AARP Caregiving](#)
- Ask your librarian
- Ask a friend and neighbor



How Can I Pay for Resources?

- Medicare
- Medicaid
- Private insurance
- Check [HealthCare.gov](https://www.healthcare.gov) for insurance



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