

Family Caregiver Burnout: Taking Care of Yourself While Caring for a Loved One

Cathy's friend suggested she was suffering from caregiver burnout. She didn't think this was possible because she assumed only adult children who were deep into caregiving for an older parent experienced this. For example, people whose loved ones had cancer, Alzheimer's, or other chronic illnesses. Not people like Cathy, who delivered the weekly groceries, drove to doctor's appointments and responded to daily calls. It wasn't until Cathy's drive to get up each morning was slowing that she realized she was burned-out.

This is a feeling we've often heard at Lifesprk from daughters (and sons), who have called saying they need help. Often, they are looking for respite and guidance, even if it's only temporary. They want to do good by their mothers and fathers, but taking care of an aging parent can bring many challenges.

COVID-19 has brought on an unexpected surge in family caregivers. Many people have opted to care for an older loved one in their home to ensure safety during the pandemic. Others have reached out to Lifesprk for assistance when they aren't able to be there for their older loved ones. Caregiving is so much more than cooking food and checking in. It's helping loved ones bathe, keep their home clean, pickup and monitor medications, ensure their home is fall-proof, and so much more.

[Read about Cathy's story](#), in addition to signs you may have burnout and what you can do about it. We are here to help you and your aging loved ones stay sparked during and long after this pandemic.

Reach out to Senior Care Navigation at 952-345-3317 or email ShineOn@lifesprk.com for additional information about in-home caregiving, Medicare skilled home health, hospice, primary care, and more.