

CARING FOR CAREGIVERS SERIES

CAREGIVER BURNOUT: WHERE DO WE GO FROM HERE?

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AutismONTARIO



SAAAC
AUTISM
CENTRE

CAREGIVING

- **Uniquely rewarding experience**
- **Mentally and physically demanding job**
- **Without proper support, it can take a toll on your health and your psyche**

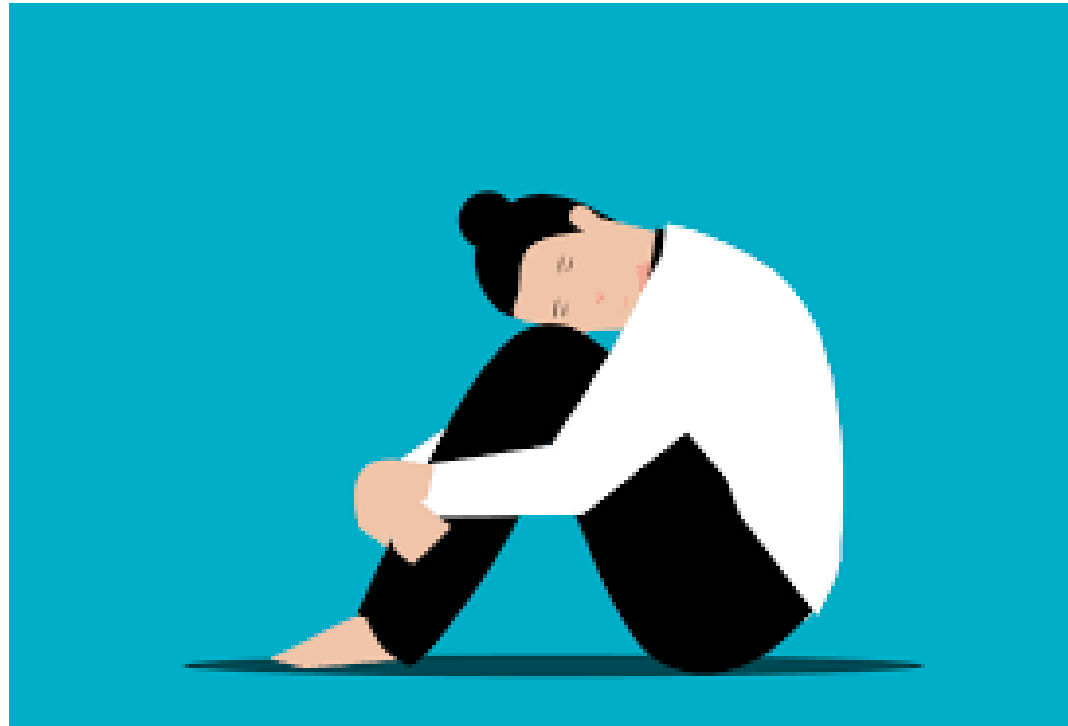


Don't let "your battery" get too low

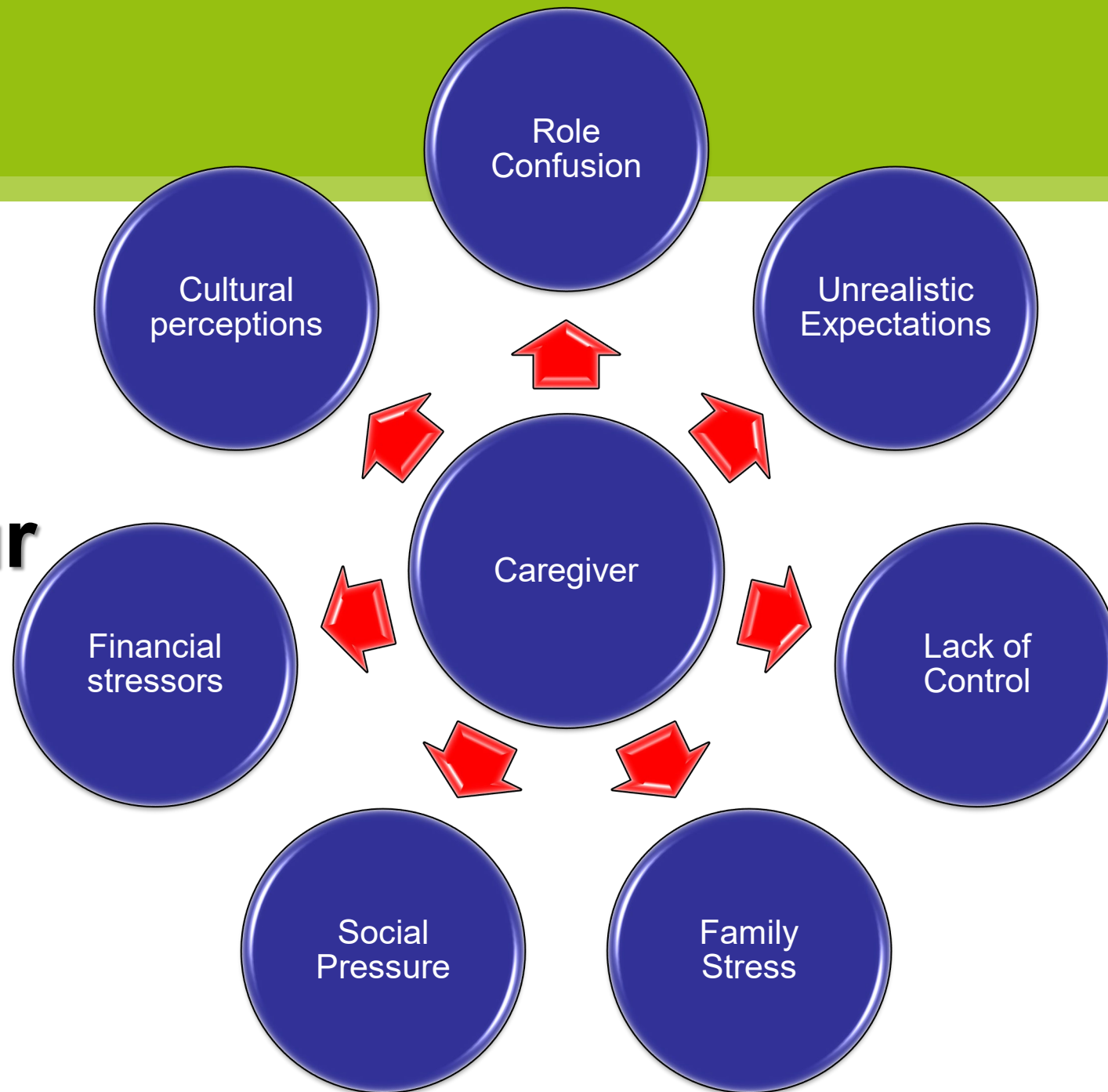


What is Caregiver Burnout?

- **A state of physical, emotional and mental exhaustion**
- **A change in attitude to more negative and unconcerned**



What can “drain” your battery?



Cultural Context

- **Role of a caregiver can differ from culture to culture**
- **Certain cultures:**
 - **May discourage seeking support outside the family**
 - **May believe that caregiving is a duty**
 - **May believe that respite care is breaking away from caregiving responsibilities**



Symptoms



**Social
Withdrawal**



More Irritable



**Feelings of
Hopelessness**



**Changes in
appetite**



Body Aches



Fatigue



Sleep Problems



**Getting sick
more often**



**Mental and
Physical
exhaustion**



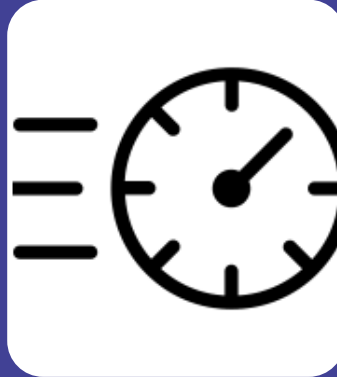
Dispelling Myths about Self-Care



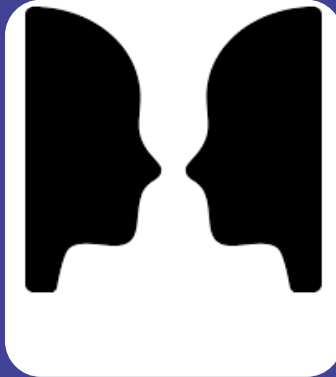
It is selfish



It takes away from more important things in our life



Impact is temporary



Same for everyone

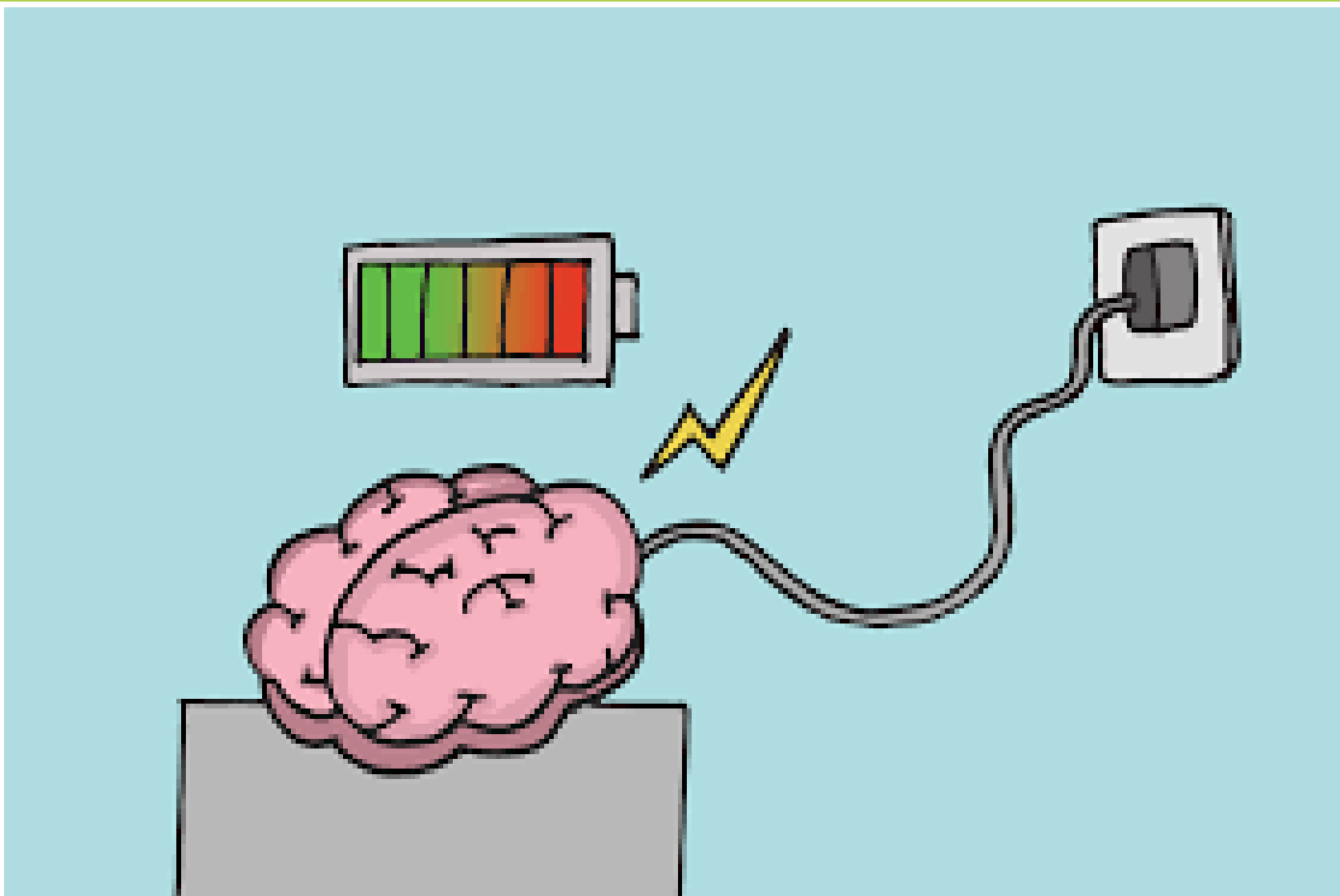


Anything can be self-care

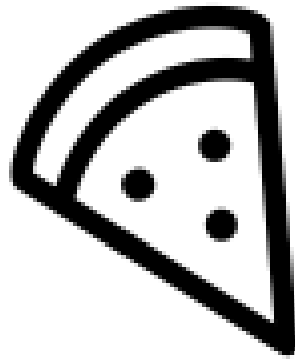


It takes a lot of time

How do we recharge?



ACTIVITY

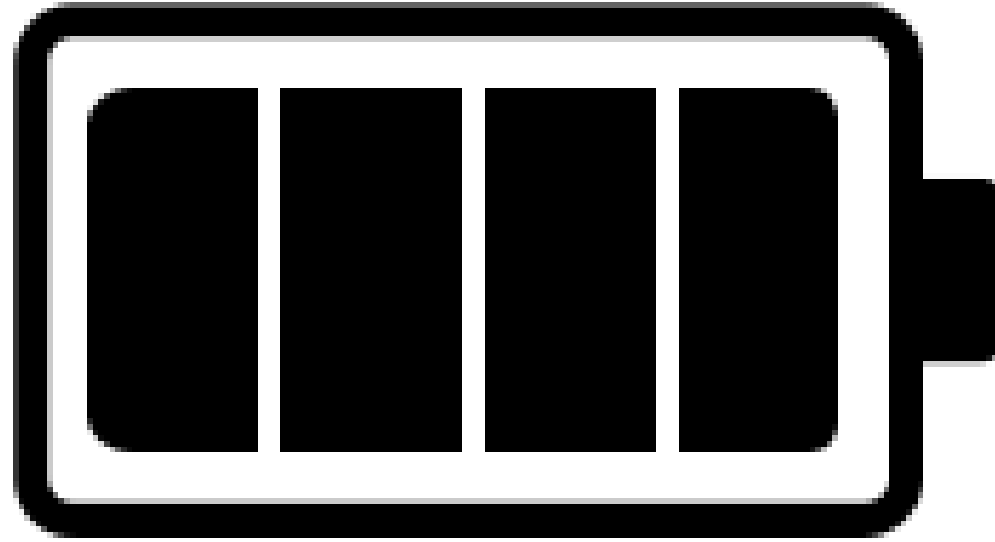


CARES will teach you

- Quick activities that you can do on a regular basis to help “recharge” during the day
- How to provide effective care and build emotional resilience



Join CARES and Learn to Recharge Your Battery...



And keep it charged

