

Caregivers

Taking care of yourself to care for others.

The primary caregiver is the person who has the responsibility for taking care of someone within the household. If the patient requires more and more care, this can cause caregiver burnout.

What is caregiver burnout?

When you feel like you never have enough time for yourself, or if you experience fatigue, heart palpitations, shaky hands, digestive problems, changes in weight, loss of interest in social and/or family relations, or in outside activities, sadness, nervousness, insomnia, nightmares, problems with memory and concentration, minor accidents (falls, burns, etc.), and so forth.

In the end you may develop an emotional detachment as well as feelings of guilt often aggravated because of your relationship to the sick person.

What does it mean when we say the caregiver has "given up"?

It means the caregiver feels overwhelmed and unable to continue caring for the ill person.

How can burnout be prevented?

- Ask about the disease of the person who is being cared for, what to expect as it evolves and what new needs will arise.
- Hold a family meeting to discuss financial, material and personal responsibilities and agree on a care plan involving all of the members.



- Write down the agreements that are reached to avoid future conflicts.
- Spend some time looking after yourself.
- Get some rest, spend time with your partner or friends, get some exercise.
- Take a holiday, even if it's only a short one. It will provide a physical and emotional respite.

Who can you ask for help?

Contact the social welfare services in your district, your healthcare center's social worker or your family doctor or nurse practitioner. They can provide guidance on what types of social, technical or financial assistance may be available.

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