

February 2020

Church Partnerships News



Faith Community Updates & Conversations

CAREGIVER STRESS

Caregiving is both rewarding AND stressful...

Learn to identify sources of caregiver stress, ways to reduce those stressors, and measures to maintain caregiver health. Presented by Matt Fleming, PCC-S

Monday February 24, 2020 at Mount Carmel Franklinton (777 West State Street, room 126, Columbus, O 43222) from 5:30 to 7:30 p

Light dinner provided

To register for this FREE workshop, contact Kate Whitman by 2/18/20. 614-234-4389 or kwhitman@mchs.com

Central Ohio Area Agency on Aging to present:

Tools for Caregivers: A Community Education Series

Caring for a loved one? **Tools for Caregivers** provides tips on caring for your loved one and yourself. Attend 1 or all 7 sessions.

Space is limited for this free education series

To register contact **Patty Callahan:**

Email: pcallahan@coaaa.org

Call: 614-645-7705

Thursdays March 5 – April 16, 2020
from 6-7 **Mount Carmel East Hospital,**
Café Room A 6001 East Broad Street,
Columbus, O. 43213

March 5: Accessing Resources

March 12: Planning Ahead

March 19: Navigating the Healthcare Maze

March 26: Caring for Someone in a Home or Care Facility

April 2: Medicare for Beginners

April 9: Family Dynamics and Caregiving

April 16: Caring for a Difficult Family Member and Preventing Burnout

Kate Whitman
kwhitman@mchs.com
614-234-4389

BECAUSE
OF YOU 
MOUNT CARMEL

Marcia Cronin
marcia.cronin@mchs.com
614-234-4356

Caregiver Stress and Burnout

As the population ages, more caregiving is being provided by people who aren't health care professionals. About 1 in 3 adults in the United States provides care to other adults as informal caregivers.

A caregiver is anyone who provides help to another person in need, such as an ill spouse or partner, a disabled child, or an aging relative. The demands of caregiving can be exhausting and overwhelming—especially if you feel that you're in over your head or have little control over the situation. But there are steps you can take to rein in stress and regain a sense of balance, joy, and hope in your life.

What is caregiver burnout?

While caring for a loved one can be very rewarding, it also involves many stressors. And since caregiving is often a long-term challenge, the emotional impact can snowball over time. You may face years or even decades of caregiving responsibilities. It can be particularly disheartening when there's no hope that your family member will get better or if, despite your best efforts, their condition is gradually deteriorating.

If the stress of caregiving is left unchecked, it can take a toll on your health, relationships, and state of mind—eventually leading to burnout, a state of emotional, mental, and physical exhaustion. And when you get to that point, both you and the person you're caring for suffer.

That's why taking care of yourself isn't a luxury, it's a necessity. Cultivating your own emotional and physical well-being is just as important as making sure your family member gets to their doctor's appointment or takes their medication on time.

Signs and symptoms of caregiver stress and burnout

- Anxiety, depression, irritability
- Feeling tired and run down
- Difficulty sleeping
- Overreacting to minor nuisances
- New or worsening health problems
- Trouble concentrating
- Feeling increasingly resentful
- Drinking, smoking, or eating more
- Neglecting responsibilities
- Cutting back on leisure activities



Ask for caregiving help

Taking on all of the responsibilities of caregiving without regular breaks or assistance is a surefire recipe for caregiver burnout. Don't try to do it all alone.



Look into respite care. Volunteers or paid help can also provide in-home services, either occasionally or on a regular basis. Or you can explore out-of-home respite programs such as adult day care centers and nursing homes.

Speak up. Don't expect friends and family members to automatically know what you need or how you're feeling. Be up front about what's going on with you and the person that you're caring for. If you have concerns or thoughts about how to improve the situation, express them, even if you're unsure of how they'll be received.



Spread the responsibility. Try to get as many family members involved as possible. Even someone who lives far away can help. You may also want to divide up caregiving tasks.

Set up a regular check-in. Ask a family member, friend, or volunteer from your church or senior center to call you at a regular time (as often as you think you need it). This person can help you spread status updates and coordinate with other family members.

Say “yes” when someone offers assistance. Don't be shy about accepting help. Let people feel good about supporting you

Be willing to relinquish some control. Delegating is one thing, trying to control every aspect of care is another. People will be less likely to help if you insist on doing things your way.

Give yourself a break

As a busy caregiver, leisure time may seem like an impossible luxury. But you owe it to yourself—as well as to the person you're caring for—to carve it into your schedule. Give yourself permission to rest and to do things that you enjoy on a daily basis. You will be a better caregiver for it.

Maintain your personal relationships. Don't let your friendships get lost in the shuffle of caregiving. These relationships will help sustain you and keep you positive.

Share your feelings. The simple act of expressing what you're going through can be very cathartic. Sharing your feelings with family or friends won't make you a burden to others. In fact, most people will be flattered that you trust them enough to confide in them, and it will only strengthen your bond.

Prioritize activities that bring you enjoyment. Make regular time for hobbies that bring you happiness, whether it's reading, working in the garden, tinkering in your workshop, knitting, playing with the dogs, or watching the game.

Find ways to pamper yourself. Small luxuries can go a long way towards relieving stress and boosting your spirits. Whatever makes you feel special.



Make yourself laugh. Laughter is an excellent antidote to stress—and a little goes a long way.

Get out of the house. Seek out friends, family, and respite care providers to step in with caregiving so you can have some time away from the home.

Take care of your own health

Think of your body like a car. With the right fuel and proper maintenance, it will run reliably and well. Neglect its upkeep and it will start to give you trouble. Don't add to the stress of your caregiving situation with avoidable health woes.

Keep on top of your doctor visits. It's easy to forget about your own health when you're busy with a loved one's care. Don't skip check-ups or medical appointments. You need to be healthy in order to take good care of your family member.

Exercise. When you're stressed and tired, the last thing you feel like doing is exercising. But you'll feel better afterwards. Exercise is a powerful stress reliever and mood enhancer. When you exercise regularly, you'll also find it boosts your energy level and helps you fight fatigue.

Practice a relaxation technique. A daily relaxation or meditation practice can help you relieve stress and boost feelings of joy and well-being. Try yoga, deep breathing, progressive muscle relaxation, or mindfulness meditation. Even a few minutes in the middle of an overwhelming day can help you feel more centered.

Eat well. Nourish your body with fresh fruit, vegetables, lean protein, and healthy fats such as fish, nuts, and olive oil. Unlike sugar and caffeine—which provide a quick pick-me-up and an even quicker crash—these foods will fuel you with steady energy.

Don't skimp on sleep. Cutting back on time in bed is counterproductive—at least if your goal is to accomplish more. Most people need more sleep than they think (8 hours is the norm). When you get less, your mood, energy, productivity, and ability to handle stress will suffer.

Join a caregiver support group



A caregiver support group is a great way to share your troubles and find people who are going through similar experiences each day. Most important, you'll find out that you're not alone. You'll feel better knowing that other people are in the same situation, and their knowledge can be invaluable, especially if they're caring for someone with the same illness as your loved one.



You aren't alone

If you're like many caregivers, you have a hard time asking for help. Unfortunately, this attitude can lead to feeling isolated, frustrated and even depressed.

Rather than struggling on your own, take advantage of local resources for caregivers. To get started, check out The Central Ohio Area Agency on Aging's (or COAAA) Family Caregiver Support Program which provides:

- ✓ Information on care options for adults living in the community or transitioning to/from a care facility.
- ✓ One-to-one counseling for families experiencing a variety of challenges related to caregiving.
- ✓ Referral to aging services, both government-funded and private fee-for-service that can provide relief to caregivers.
- ✓ Respite care and other support services to provide temporary relief to caregivers. Respite services can include: in-home care, adult day services, and short-term care in a facility.



3776 S. High Street, Columbus, Ohio 43207

(614) 645-7250 or (800) 589-7277

www.coaaa.org

coaaa@coaaa.org

Resources:

<https://www.helpguide.org/articles/stress/caregiver-stress-and-burnout.htm>

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>

<http://www.coaaa.org/cms/services/caregiver>



Mount Carmel Mission

We serve together in the Spirit of the Gospel as a compassionate and transforming healing presence within our communities.

Congregational Partners

Faith communities (including congregations with a Church Partnerships Advisory Board member*) that partner with Mount Carmel to improve the health of our communities by having active health ministry teams that assess and address the holistic health needs of their congregation:

Advent United Church of Christ
Christ Memorial Missionary Baptist Church
City of Zion Church
Faith Community Church of God
First Presbyterian Church, Westerville
Good Shepherd Baptist Church
Hilltop Comm. Worship Center SDA
* Mifflin Presbyterian Church
Mount Olivet Missionary Baptist Church
Prince of Peace Lutheran Church
St. Augustine and Gabriel Catholic Church
St. Mary Queen of Missions Catholic Church
St. Peter Catholic Church
Tabernacle Missionary Baptist Church
Vineyard Christian Fellowship – Grove City

Briggs Road Baptist Church
Christ United Methodist Church
Corpus Christi Catholic Church
First Church of God
* Fruit of the Spirit Seventh Day Adventist
Harlem Road United Methodist Church
Love Zion Baptist Church
Mount Hermon Baptist Church
New Birth Christian Ministry
Resurrection Missionary Baptist Church
St. John Neumann Catholic Church, Sunbury
* St. Paul A.M.E. Church, Columbus
* Stonybrook United Methodist Church
United Methodist Church for All People *

