

# Caregiver Burnout

## About Caregiver Burnout

Caregiver burnout is a state of mental, physical and emotional exhaustion experienced by a caregiver. Eighty-three percent of the help provided to older adults in the United States comes from family members, friends, or other unpaid caregivers. A 2018 study showed that 53% of caregivers experienced stress, while 41% experienced depression, mood swings, and resentment.

## Caregiver Burnout Facts



### Signs of Caregiver Burnout

Symptoms of caregiver burnout can include feelings of anger or frustration, irritability, anxiety, depression or sadness, exhaustion, feeling overwhelmed, inability to concentrate, headaches or other physical problems. Failing to make time for self-care contributes to the stress one feels and to caregiver burnout.



### Impact of Caregiver Burnout

Caregivers work with a vulnerable population. When a caregiver begins to burnout, the impact is felt by both the caregiver as well as the care recipient. Caregivers can experience depression, feelings of hopelessness, sleep deprived, be withdrawn from family and friends, or experiencing their own health problems. In severe cases, caregivers who are experiencing burnout can be physically, mentally, or emotionally abusive to the care recipient.

### S.M.A.R.T.

Caregivers should make time for self-care using the S.M.A.R.T. method. Specific, Measurable, Achievable, Relevant, and Timely. Set aside a specific time or date in the month for a measurable amount of time for self care. Make sure it is achievable given your schedule. Relevant to the caregiver's needs or enjoyment and timely to avoid long periods of exhaustion or burnout.



## Prevalence

**53%**

of caregivers experience stress, while 41% experience depression, mood swings, and resentment.



83% of caregivers are family members, friends, or other forms of unpaid caregivers.