

Caregiver Resources in Hawai'i

Burnout Prevention

Brought to you in partnership with the Bridging Aging and Intellectual/Developmental Disabilities Grant ACL Grant # HHS-2021-ACL-AOD-DNCE-0099



Caregiving for a loved one can be incredibly rewarding, but it also presents significant challenges. The demands of caregiving can lead to **burnout**, a state of emotional, physical, and mental exhaustion. Burnout can manifest as increased stress, fatigue, irritability, and a decline in overall well-being. It's crucial for caregivers to recognize the signs of burnout and take proactive steps to mitigate its effects.

Understanding Caregiver Burnout

Signs of Caregiver Burnout:

- Feeling overwhelmed and constantly worried
- Feeling tired most of the time
- Changes in sleep patterns
- Weight gain or loss
- Getting sick more often
- Irritability and impatience
- Loss of interest in activities
- Social withdrawal

Impact of Burnout:

Burnout doesn't just affect the caregiver; it can also negatively impact the care recipient. An exhausted and stressed caregiver may struggle to provide the best possible care. Burnout can lead to:

- Decreased quality of care
- Increased risk of accidents
- Strained relationships
- Health problems for both caregiver and recipient

Preventing Burnout: Self-Care Strategies

Prioritizing self-care is essential for preventing caregiver burnout. Self-care isn't selfish; it's a necessary investment in your well-being. When you take care of yourself, you're better equipped to care for others. Here are some effective self-care strategies:

- **Schedule Regular Breaks:** Even short breaks throughout the day can make a difference.
- **Get Enough Sleep:** Aim for 7-8 hours of quality sleep each night.
- **Eat a Healthy Diet:** Nourish your body with nutritious foods.
- **Exercise Regularly:** Physical activity can reduce stress and improve mood.
- **Stay Connected:** Maintain social connections with friends and family.
- **Practice Relaxation Techniques:** Deep breathing, meditation, or yoga can help manage stress.
- **Pursue Hobbies:** Engage in activities you enjoy to recharge your batteries.
- **Set Realistic Expectations:** Don't try to do everything yourself; delegate tasks when possible.
- **Seek Professional Help:** If you're struggling with burnout, consider talking to a therapist or counselor.

Resources Available



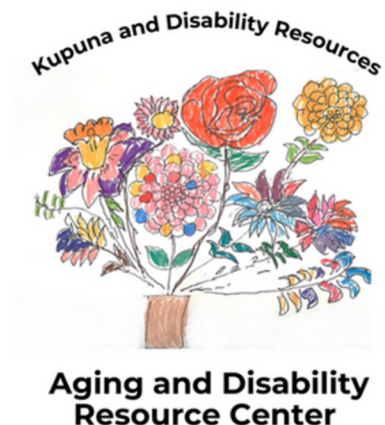
Fortunately, Hawaii offers a variety of resources to support caregivers. These resources aim to provide respite, education, and emotional support. Taking advantage of these services can significantly reduce the risk of burnout

State & Local Agencies

- **Aging and Disability Resource Center:** Provides information and resources on various aging and disability related topics. <https://hawaiiadrc.org/>
- **Each County has their own Agency on Elderly Affairs-** These organizations provide a range of services, their contact information can be found on the Aging and Disability Resource Center website.
- **O'hana Pacific Health:** Located on Kaua'i, O'ahu, Maui and Hawai'i Island, provide a wide range of support services including: (<https://www.ohanapacific.com>)
 - Long Term Care
 - Rehabilitation
 - Home Health
 - Adult Day Health
 - Memory Care
 - Care Management
- **Alzheimer's Association Aloha Chapter:** Provides support groups, education, and resources for individuals with Alzheimer's disease and their caregivers. <https://www.alz.org/>
- **Hawai'i Family Caregiver Coalition:** Advocates for family caregivers and provides information and resources. <https://hfccoalition.org/>
- **AARP Hawaii:** Offers resources and advocacy for older adults and their caregivers. <https://states.aarp.org/hawaii/>
- **Med-QUEST Division:** Hawai'i's Medicaid program, which may offer services and support for eligible caregivers and care recipients.

Additional Resources and Links

- **Aloha Independent Living Center (AICL):** <https://www.alohailc.org/>
- **Assistive Technology Resource Centers of Hawaii:** <https://atrc.org/>
- **Kupuna Care Hawaii:** <https://www.kupunacarehawaii.com/>



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