

A GUIDE TO AVOIDING CAREGIVER BURNOUT



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WELCOME CAREGIVERS

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

Leo Buscaglia

ALTHOUGH CAREGIVING CAN BE A
WONDERFUL THING, AT TIMES IT CAN BE
EXHAUSTING, FRUSTRATING, AND LEAD
TO CAREGIVER BURNOUT. THIS
INFORMATION IS HERE TO HELP YOU.

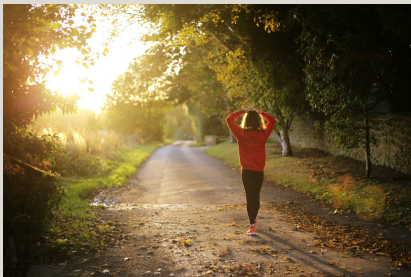
SELF CARE

Don't forget when caring for others, to also care for yourself.



ENSURE YOU ARE EATING A NOURISHING DIET, EXERCISING, GETTING SUNLIGHT, AND MOSTLY GETTING ENOUGH SLEEP.

SCHEDULE BREAKS



TAKE TIME FOR A WALK, READING A FEW CHAPTERS OF A BOOK, OR GETTING TOGETHER WITH FRIENDS FOR A COFFEE

SUPPORT GROUPS



REACH OUT TO SUPPORT GROUPS FOR CAREGIVERS. SHARING STORIES AND ADVICE CAN PROVIDE A LOT OF EMOTIONAL SUPPORT.

Set Realistic Expectations for Yourself

Understand that you can't do everything alone and that's okay. Make a list of the things you can do and the things you need help with.



Use your list of things you need help with to delegate tasks to others. Lean on other family members, friends, your community or professionals for help. See what areas others are able to help you out so you can rest and recharge.

Communicate openly with family and friends about your caregiving. What you like about it, where you are struggling, where you might need help. This can help to alleviate stress and provide others with a better understanding of what you are going through.



ASKING FOR HELP

It's okay to ask for help. No one person can do everything alone for someone they are caring for and also take good care of themselves. It is important to remember that you must also take care of yourself.

JB Wellness Services can help you have less worry, more care and support. Whether the need is through nursing services such as help with personal care, nail care, wound care, physical assessments and monitoring vital signs, medication checks, or post hospital follow ups. JB Wellness Services can also provide assistance with companion visits/daytime respite relief, meal preparation and grocery pick up, transportation, and assistance with light household duties.

Don't hesitate to give Jenilee a call to book your consultation for support or your appointment for your loved one.

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1-306-831-7418

JBWELLNESS1@GMAIL.COM