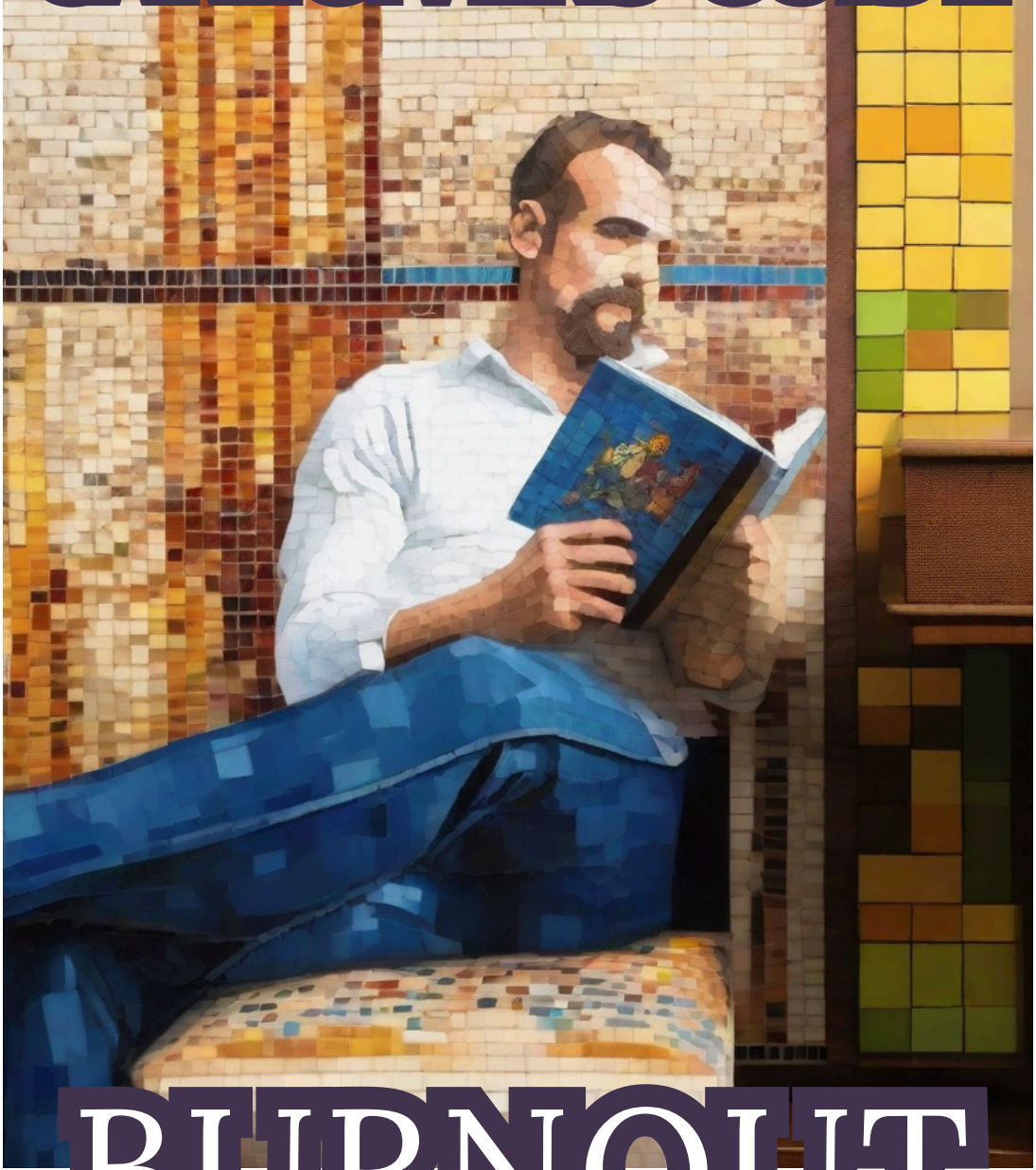




MOSAIC

MEANINGFUL OUTREACH & SUPPORT FOR AGING INDIVIDUALS & CAREGIVERS

CAREGIVERS GUIDE



BURNOUT

THE FAMILY CAREGIVER'S GUIDE CAREGIVER BURNOUT

Caring for a loved one with dementia or other age-related conditions is one of the most meaningful acts of love there is. Yet even the most dedicated caregiver can reach a breaking point when constant responsibilities leave little time to rest or recover. That state of exhaustion and emotional strain is known as caregiver burnout.



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about this

GUIDE

This guide will help you understand what burnout is, how to recognize the signs, and what practical steps you can take to restore balance and well-being.

WHAT IS CAREGIVER BURNOUT?

Caregiver burnout is a state of physical, emotional, and mental exhaustion caused by the ongoing stress of caring for another person. It doesn't happen overnight—it builds gradually, often while you're focused on meeting someone else's needs.



It's especially common among those caring for loved ones with Alzheimer's or dementia, where caregiving can be constant and unpredictable. Over time, the responsibilities can become overwhelming, leading to exhaustion, frustration, and even depression.

Remember: Burnout doesn't mean you don't care. It means you've cared deeply for too long without enough support.

WARNING SIGNS OF BURNOUT

The signs of caregiver burnout often mirror chronic stress or depression. Watch for these red flags:

Physical Signs

- Constant fatigue, even after rest
- Headaches, muscle aches, or frequent illness
- Changes in appetite or sleep patterns
- Increased use of caffeine, alcohol, or medication to cope

Emotional Signs

- Feeling hopeless, helpless, or resentful
- Irritability, mood swings, or sadness
- Loss of interest in activities once enjoyed
- Difficulty concentrating or making decisions

Behavioral Signs

- Withdrawing from family and friends
- Neglecting personal health or hygiene
- Feeling trapped in your role as a caregiver
- Struggling to find joy or meaning in daily life

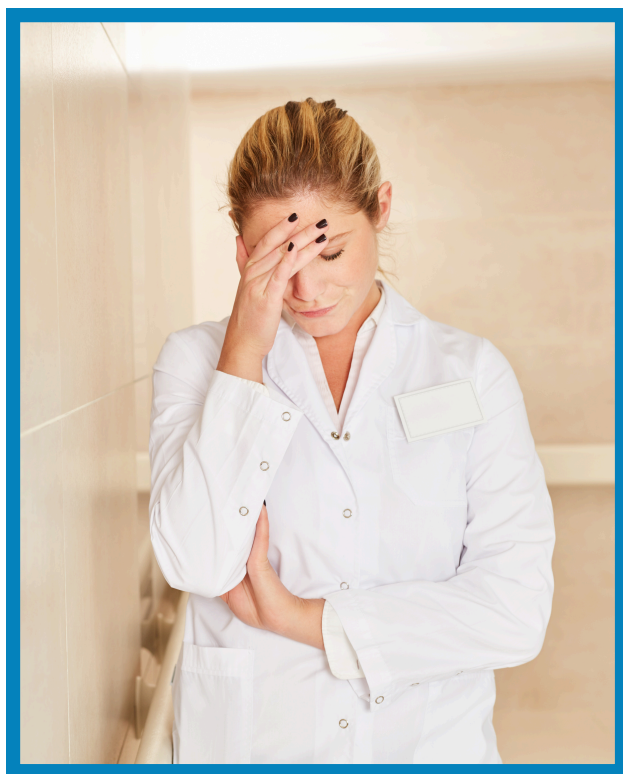
*Tip:
Keep a self-check list nearby
and assess your stress level
weekly. Awareness is the first
step to intervention.*



WHY CAREGIVERS BURN OUT

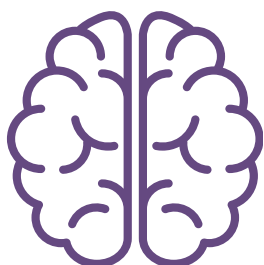
UNDERSTANDING WHAT CAUSES BURNOUT CAN
HELP YOU PREVENT IT. SOME OF THE MOST
COMMON FACTORS INCLUDE:

- **Unrealistic Expectations:** Many caregivers believe they should be able to “do it all.” You may feel guilty for needing help or think you’re failing if your loved one’s condition worsens.
- **Lack of Support:** When family members or friends aren’t available—or when you don’t ask—it can lead to isolation and exhaustion.
- **Constant Vigilance:** Caring for someone with dementia often means being “on call” 24/7. This ongoing state of alertness can wear down even the most resilient caregiver.
- **Role Confusion:**
You may struggle to balance your identity as a spouse, child, or friend with your caregiving duties.
- **Emotional Strain:**
Watching someone you love decline—especially with dementia—can be emotionally devastating and increase the risk of compassion fatigue.



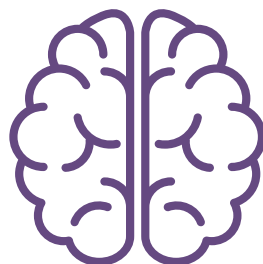
THE EMOTIONAL TOLL OF DEMENTIA CARE

CARING FOR SOMEONE WITH ALZHEIMER'S OR DEMENTIA BRINGS UNIQUE EMOTIONAL CHALLENGES. YOU MAY GRIEVE THE LOSS OF THE PERSON AS YOU ONCE KNEW THEM, EVEN WHILE THEY'RE STILL PHYSICALLY PRESENT—A PHENOMENON KNOWN AS AMBIGUOUS LOSS.



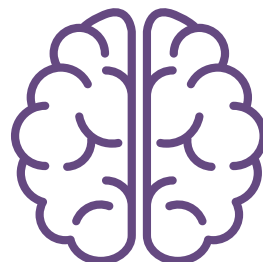
Guilt for feeling frustrated or resentful

Sadness over fading memories or personality changes



Anxiety about your loved one's safety and future

Loneliness from losing shared communication or connection



Tip: Allow yourself to mourn these changes. Seeking grief counseling or joining a dementia caregiver support group can help you process these complex emotions.

PREVENTING BURNOUT: PRACTICAL STRATEGIES

Preventing burnout means actively caring for yourself—physically, emotionally, and mentally—while balancing your caregiving role. Here's how:

PRIORITIZE REST AND NUTRITION

- Schedule regular sleep and mealtimes for yourself.
- Keep healthy snacks handy and drink plenty of water.



STAY ACTIVE

- Gentle exercise—walking, yoga, or stretching—releases tension and boosts mood.
- Even 15 minutes a day makes a difference.

ACCEPT HELP

- Create a list of small tasks others can do: grocery runs, meal prep, or sitting with your loved one for an hour.
- When someone offers to help, say yes—and give them something specific to do.



PREVENTING BURNOUT: PRACTICAL STRATEGIES

BUILD A SUPPORT NETWORK

- Join local or online caregiver support groups.
- Connect with respite care services to give yourself planned breaks.
- Talk openly with friends or clergy about your struggles.



SET BOUNDARIES

- It's okay to say “no” when demands exceed your capacity.
- Communicate limits clearly to family members.
- Schedule “off-duty” time each week, even if it's brief.



PRACTICE SELF- COMPASSION

- Speak to yourself kindly.
- Celebrate small victories, like getting through a tough day or finding a moment of laughter.
- Remember: perfect caregiving doesn't exist—only loving intention.



COPING WHEN BURNOUT HITS

IF YOU'RE ALREADY FEELING BURNED OUT, YOU CAN RECOVER. HEALING TAKES TIME AND SUPPORT, BUT IT'S ABSOLUTELY POSSIBLE.

Step 1: Acknowledge It

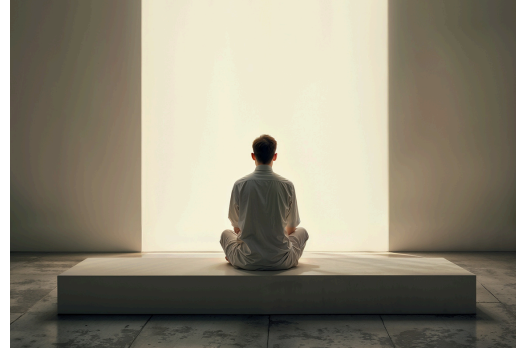
- Recognize that you're struggling. Denying it only prolongs stress.

Step 2: Talk to a Professional

- A counselor or therapist who understands caregiver stress can help you regain perspective and develop coping skills.

Step 3: Use Respite Care

- Respite services—such as adult day programs, short-term stays, or in-home aides—allow you to rest and recharge without guilt.



Step 4: Reconnect with Yourself

- Revisit hobbies or spiritual practices that once brought joy. Listen to music, read, garden, or meditate—even small moments of pleasure restore balance.

Step 5: Involve Your Healthcare Provider

- Tell your doctor about your stress levels. Caregivers often neglect their own health, leading to serious conditions like hypertension, depression, or weakened immunity.



A MESSAGE TO CAREGIVERS

You are doing one of the hardest—and most meaningful—jobs there is. But you can't pour from an empty cup. Recognizing burnout, setting boundaries, and seeking support aren't signs of weakness—they're essential steps to sustain your strength and compassion over the long haul.

Remember: Taking care of yourself isn't just for you. It's one of the most loving things you can do for your loved one.



RESOURCES FOR CAREGIVERS

You are not alone—many organizations offer guidance, support, and relief for caregivers:

Alzheimer's Association

24/7 Helpline: 1-800-272-3900 | [alz.org](https://www.alz.org)

Family Caregiver Alliance

[caregiver.org](https://www.caregiver.org)

Eldercare Locator

Find local respite and support services:

1-800-677-1116 | [eldercare.acl.gov](https://www.eldercare.acl.gov)

National Institute on Aging

[nia.nih.gov/health/caregiving](https://www.nia.nih.gov/health/caregiving)

Local Senior Centers and Faith-Based Programs

Offer classes, counseling, and respite opportunities.

Tip: Keep these contacts in a visible place, like the fridge or a bulletin board, for easy reference when you need support.

Mosaic Foundation

THANK
YOU!

Mosaic

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Seashore Gardens Foundation DBA Mosaic is a trusted nonprofit leader in promoting and enhancing services and programs for the elderly. Its mission is to enrich the quality of life for the aged in Southern New Jersey.

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