



REGION 9 AREA AGENCY ON AGING CAREGIVER NEWSLETTER

Serving the Counties of: Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and Roscommon

CAREGIVER EMOTIONS



Family caregivers can experience a range of different emotions, including guilt, abandonment, anger and many others. It can help to acknowledge these difficult feelings, and seek information and support to deal with them.

Guilt

- Having unrealistic expectations.
- Feeling bad because you are still able to enjoy life.
- Feeling that you have failed.
- Having negative thoughts about the person you are caring for.
- Regretting things about your relationship before the diagnosis.

Denial

- Hoping that the person is not ill.
- Expecting the person will get better even if the disease is progressive.
- Convincing yourself that he or she has not changed.

Anger

- Frustration with the person with dementia.
- Resenting the demands of caregiving and family members have not helped.
- Feeling abandoned.

Sadness

- Feeling overwhelmed by loss.
- Crying frequently.
- Withdrawing from social activities.

Acceptance

- Learning to live in the moment.
- Finding your sense of humor.
- Asking for and accepting help from others.

CAREGIVER BURNOUT



Caregiver burnout is a state of physical, emotional and mental exhaustion. It may be accompanied by a change in attitude. Burnout can occur when caregivers do not get the help they need, or if they try to do more than they are able. When you can identify warning signs of burnout and learn interventions to reduce stress, your caregiving tasks will be more manageable and enjoyable.

Here are some warning signs of Caregiver Burnout:

- Increased use of alcohol or stimulants.
- Change in eating or sleeping patterns.
- Inability to relax.
- Scattered thinking.
- Feeling increasingly resentful.
- Being short-tempered.
- Increasing thoughts of death.
- Crying a lot.
- Feeling helpless or hopeless.
- Feeling constantly exhausted.
- Overreacting to minor things.
- Lost of interest.
- Withdrawing from social contacts.

Here are some suggestions to help cope:

- Develop a support network.
- Attend a support group to receive positive feedback and coping strategies from others in similar situations.
- Consult with a professional counselor for one-on-one counseling.
- Maintain good health by exercising regularly and eating a healthy diet.
- Take regular time out for journaling, meditating or contemplation.
- Stay involved in hobbies and activities you enjoy.

Sometimes caregivers do not realize that they are experiencing caregiver burnout even if they have acknowledged to themselves or to others that they feel an increasing amount of stress and pressure.

Here are some suggestions to help cope:

1. Do you feel any symptoms of depression?
2. Do you feel you are being pulled in many directions?
3. Do you feel like you are trapped in your role as a caregiver?
4. Is there conflict with the people closest to you and the person you are caring for?
5. Do you feel you are not getting support from other people?
6. Is the person you are caring for placing unrealistic demands and expectations on you?
7. Do you feel like you are unable to meet the expectations and needs of the person you are caring for?
8. Are you unable to communicate effectively with others around you?
9. Is your health or the health of the person you are caring for getting worse?
10. Do you feel overwhelmed?



CAREGIVING AND DEPRESSION

Discuss the signs of depression with your primary doctor. Proper diagnosis and treatment can improve sense of well-being and function.

Causes of Depression

- High anxiety and agitation
- Reaction to event or death
- Symptom of another disorder or disease
- Not being able to do everyday tasks
- Side effect of medication
- Not being able to do the things previously enjoyed
- Feeling stressed or worried over issues such as money, relationships or the future
- Loss of independence
- Increasing reliance on others
- Confusion and loss of memory
- Environmental factors
- Inability to go out alone
- Physical illness
- Social isolation
- Fatigue

Signs of Depression

- Mood that varies day to day
- Loss of interest and enjoyment
- Slowed movement and reactions
- Feelings of agitation and restlessness
- Reduced self-esteem or self-confidence
- Sleeping more or less than usual
- Loss of interest in usual hobbies or activities
- Feeling guilty, worthless, hopeless, full of regret
- Thoughts of ending one's life
- Constipation
- Aches and pain
- Loss of appetite
- Weight gain or loss
- Lack of energy
- Poor sleep
- Increased confusion
- Loss of libido

Some Solutions:

- Consider talking to a psychologist, psychiatrist or other trained health professional.
- Get the person involved in meaningful and enjoyable activities.
- Create and maintain daily routine.
- Incorporate daily exercise.
- Consider getting a pet.
- Anti-depressant medication.
- Change the environment around you.
- Be positive, celebrate small successes.
- Consider joining a support group
- Make a list of activities, people or places that the person receives pleasure from and schedule these things more frequently
- Make sure a small amount of time is spent in the sun each day

IMPORTANT DATES

Caregiver Empowerment and Wellness Conference

VIRTUAL
AUGUST 14, 2020
1:00 PM - 2:30 PM

Diabetes PATH

VIRTUAL
NOVEMBER 3, 2020
1:00 PM - 3:30 PM

Powerful Tools for Caregivers VIRTUAL



ADULT DAY CARE CENTERS

Adult Day Care Centers are designed to provide care and companionship for older adults who need assistance or supervision during the day. Programs offer relief to family members and caregivers, allowing them to go to work, handle personal business, or just relax knowing their relative is well cared for and safe. Below is a list of day centers in the Region 9 AAA service area:

Pleasant Days (Arenac)989.653.2692
The Caring Place (Alpena)989.356.4507
Sand Castles (Cheboygan)231.597.8317
Otsego Haus (Otsego) 989.732.1122
The Cottage (Ogemaw)989.345.3010
Serenity Day Lodge (Roscommon) 989.366.0205



ADULT PROTECTIVE SERVICES

Provides education and investigates allegations of abuse, neglect or exploitation against vulnerable adults. If you suspect that a vulnerable adult is being abused, neglected or exploited, you can call this agency's hotline any time day or night to make a report.

24-Hour Hotline: 855-444-3911

www.michigan.gov/abuseneglect



WHERE CAN I FIND MORE HELPFUL INFORMATION?

Region 9 Area Agency on Aging Special Projects Coordinator is available weekdays 8:30 am to 4:30 pm to answer your questions, register you for caregiver workshops, provide resources and to support you and the person you are care for.

**Contact Brooke at 989.358.4616 or
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