



2569 US-23 South  
Alpena, MI 49707

989-358-4600  
[nemcsa.org](http://nemcsa.org)

## **PRESS RELEASE**

### **For more information contact:**

Brooke Mainville, Special Projects Coordinator  
Region 9 Area Agency on Aging  
Phone Number: (989) 358-4616  
Fax Number: (989) 358-6604

### **Please print the following announcement:**

#### **Preventing Caregiver Burnout**

Michigan has approximately one million informal family caregivers who perform over one billion hours of caregiving annually. Their unreimbursed services have a value of more than nine billion dollars (Family Caregiver Alliance). Caregiving is no simple task; it is not uncommon to feel lonely or frustrated. If self-care practices are not being utilized, it can lead to caregiver burnout.

Caregiver burnout is a state of physical, emotional, and mental exhaustion. Overwhelmed caregivers may experience fatigue, anxiety, and depression. It may be accompanied by withdrawal; loss of interest; change in appetite and sleep patterns; feelings of irritability; hopelessness and helplessness; and 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.

Caregivers often are so busy caring for others that they tend to neglect their own emotional, physical, and spiritual health. Or, they may feel guilty if they spend time on themselves. Some ways to prevent burnout include joining a caregiver support group, using respite care service, setting realistic goals, consulting a professional counselor, practicing self-care activities, and accepting your feelings.

Self-care includes anything you do to keep yourself healthy. Not practicing Self-Care has consequences such as burnout. There are five types of Self-Care: emotional, spiritual, social, mental, and physical. Self-Care can improve your physical health, reduce stress, boost your self-esteem, protect your mental health and lead to better relationships. Give yourself permission to go to bed early, take a break, or call a friend, and give yourself grace, you are doing your best.

If you or someone you know is caregiving, attending a workshop could be beneficial. NEMCSA-Region 9 Area Agency on Aging is currently offering a free caregiver workshop. The workshop provides participants with information, skills, and attitudes to manage stress and increase effective caregiver skills, and tips on how to deal with



2569 US-23 South  
Alpena, MI 49707

989-358-4600  
[nemcsa.org](http://nemcsa.org)

difficult emotions. A workshop is coming up soon. If interested, contact 989.358.4616 or [mainvilleb@nemcsa.org](mailto:mainvilleb@nemcsa.org) or visit [www.nemcsa.org](http://www.nemcsa.org).

NEMCSA Region 9 Area Agency on Aging offers many other services for family caregivers. To learn about caregiving resources in your area, visit [www.nemcsa.org/senior-services](http://www.nemcsa.org/senior-services).

Region 9 Area Agency on Aging is a division of division of Northeast Michigan Community Service Agency (NEMCSA), a Community Action Agency improving the quality of life for people facing crisis while strengthening families, communities, seniors, and children since 1968.