

Recognizing Caregiver Burnout

Caregivers are often so busy caring for others that they tend to neglect their own emotional, physical and spiritual health. They have a higher chance of experiencing chronic illness, depression and a decline in quality of life.

How can I prevent caregiver burnout?

Here are some steps you can take to help prevent caregiver burnout:

- Find someone you trust to talk about your feelings and frustrations
- Set realistic goals, accept that you may need help with caregiving and turn to others for help with some tasks
- Don't forget about yourself because you are too busy caring for someone else. Set aside time for yourself, even if it is just an hour or two. Remember, taking care of yourself is a necessity if you're going to be an effective caregiver.

Where can I turn for help with Caregiver Burnout?

- Ask for help from friends, relatives and neighbours
- Contact caregiver Information and Support for referral to Caregiver Counselling with Saskatoon Health Region
 - o Call (306)655-4411 to speak to Caregiver Information and Support
 - o Contact the Saskatoon Health Region to join a Caregiver Support group at (306)655-3400
 - o Contact Client Patient Access Services for planned or unplanned respite care at (306)655-4346