

## Caregiver Burnout Prevention

The following suggestions can help prevent caregiver burnout:

- Recognize your potential for caregiver burnout by knowing yourself and taking a reality check of your situation, limitations, resources, etc.
- Learn more about the illness of your care receiver, strategies for caregiving and community resources. The more information you have, the more effective you will be.
- Develop strategies for coping. For instance, eating right, getting enough exercise and sleep, taking an occasional break from caregiving, lightening up and having positive attitudes. Be sure to ask for help whenever it is needed. There is no perfect caregiver. Joining a support group can be beneficial.
- Write down a list of tasks that a caregiver needs to do and decide which of those tasks you, other family members or friends can do. What community services can you use and what other resources are available to you? This list will help achieve a balance.
- Prioritize your tasks. It's hard to get everything done in a day. Plan your day by assigning priorities to help reduce the chance of burnout. Be sure to reward yourself. Remember the saying, "By the yard it's hard, but by the inch it's a cinch."