

# The Emotional Impact of Caregiving

**Grief, Depression, and  
Caregiver Burnout**



# Credits

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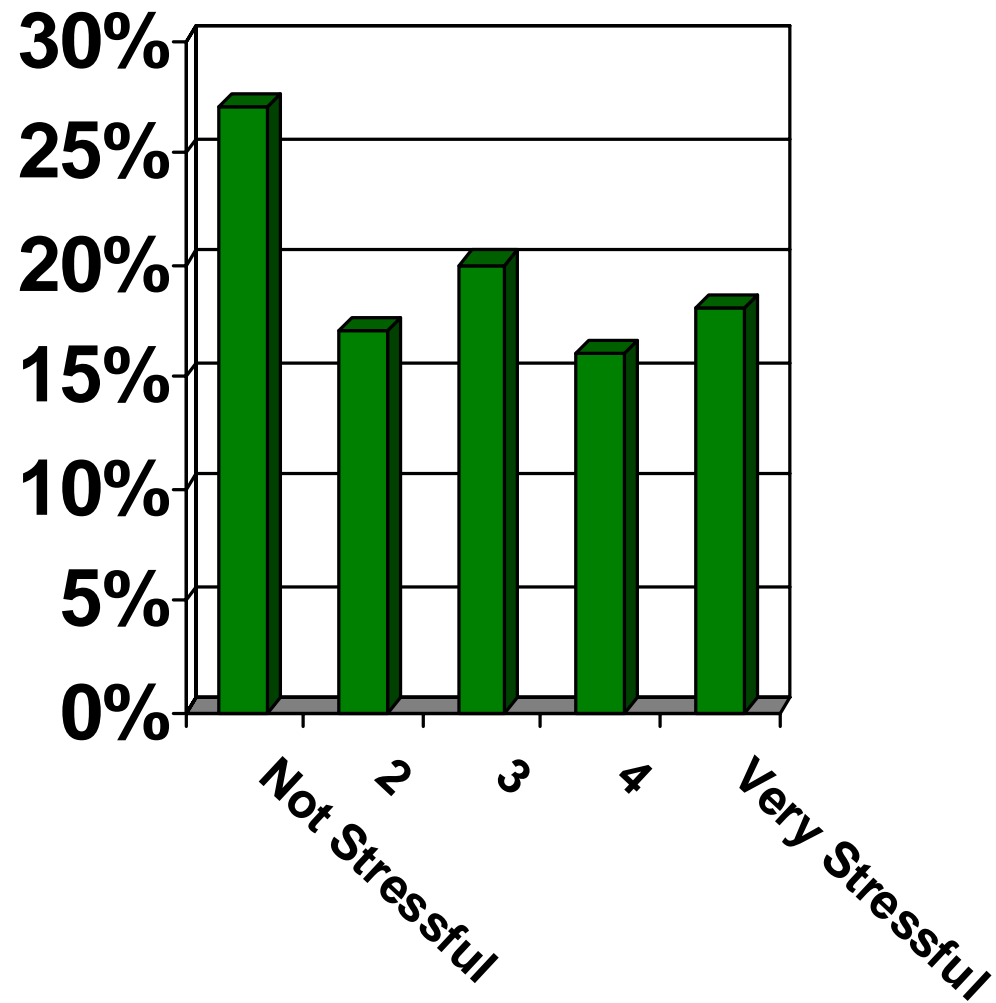
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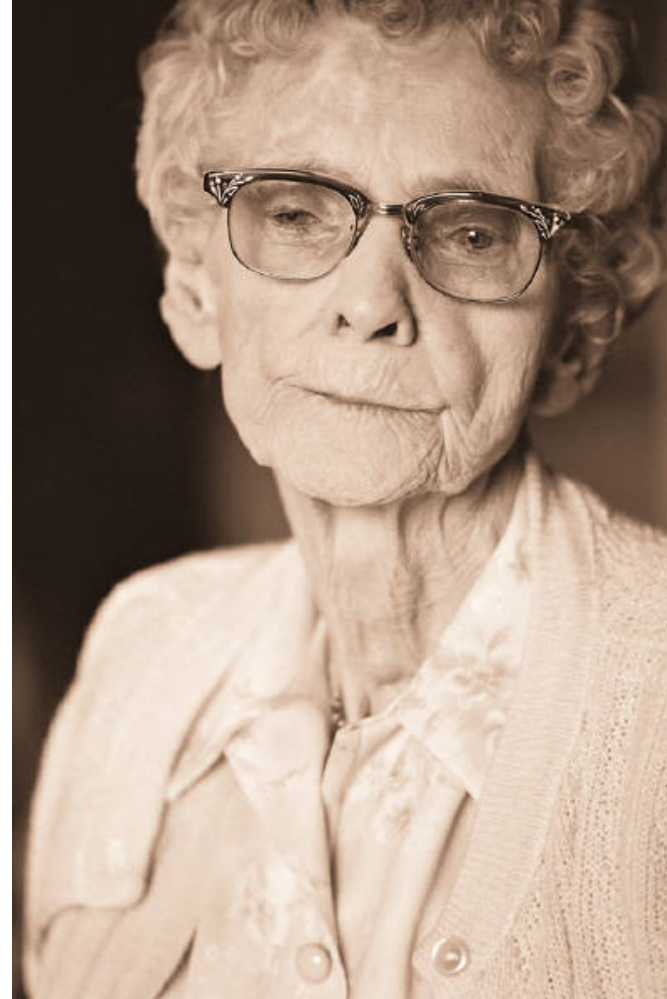


# Emotional Stress of Caregiving



# Stressed caregivers are...

- Women
- Traveling caregivers
- Co-residing
- Older
- Sicker
- Dementia caring





# No Choice in Caregiving

- Half felt no choice
- Women less choice than men
- No choice highest stress
- More burdened
- Higher levels of care
- Poor health

# Emotions of Caregiving

- Helplessness
- Resentment
- Guilt
- Grief
- Depression



# Symptoms of Depression

- Tearfulness
- Irritability
- Tiredness
- Talk of inadequacy
- Lack of concentration
- Complains of sleep problems
- Changes in eating patterns



# Grief and Caregiving

- Grief is Loss
  - Loss of other
  - Loss of self
  - Loss of former life
  - Loss of expected future





# Stages of Caregiver Burnout

- Stage One--Frustration
- Stage Two--Isolation
- Stage Three--Despair



# Coping Strategies

- Prayer
- Talking to family/friends
- Reading about caregiving
- Exercising
- Seek information on internet
- Talk to professional
- Taking medications

