

## Caregiver stress and burnout

Caring for a loved one can be very rewarding, but it also involves many stressors, such as changes in the family dynamic, household disruption, financial pressure, and the added workload. Is it any wonder that caregivers are some of the people most prone to burnout?

Caregiver stress can be particularly damaging, as it is typically a chronic, long-term challenge. You may face years or even decades of care-giving responsibilities. It can be particularly disheartening when there's no hope that your family member will get better. Without adequate help and support, the stress of care-giving leaves you vulnerable to a wide range of physical and emotional problems, ranging from heart disease to depression.

When caregiver stress and burnout puts your own health at risk, it affects your ability to provide care. It hurts both you and the person you're caring for. *The point is that caregivers need care too.* Managing the stress levels in your life is just as important as making sure your family member gets to his or her doctor appointment or takes their medication on time.

- Anxiety, depression, irritability
- Feeling tired and run down
- Difficulty sleeping
- Overreacting to minor nuisances
- New or worsening health problems
- Trouble concentrating
- Feeling increasingly resentful
- Drinking, smoking, or eating more
- Neglecting responsibilities
- Cutting back on leisure activities

The National Family Caregiver Program is administered by the Wyoming Department Health, Office of Healthcare Financing.



Central Wyoming  
Senior Services

1831 E. 4th  
Casper, WY 82601

National Family Caregiver  
Support Program

Central Wyoming  
Senior Services, Inc.



National  
Family  
Caregiver  
Support

307-265-4678

**Care Coordination—**

Activities of the care coordinator include assessing needs, developing care plans, authorizing services, arranging services, coordinating the provision of services among providers, follow-up and reassessment as required.

**Counseling/Education—**

Organized activities related to the support, training, and counseling for caregivers to help deal with the various stressors associated with caring for a loved one.

**Information—**

Information includes outreach, group education & health fairs to relay information to caregivers who may not be aware of existing services available for them.

**In-Home Respite Care—**

Services offer temporary, substitute supports, or living arrangements for older persons in order to provide a brief period of relief or rest for family members or other caregivers.

**Supplemental Services—**

Durable services to help the caregiver keep caring for their receiver in the home. Such as:

The loan closet at the Senior Center;

Light Housekeeping;

Personal Care

**Eligibility for these services:**

1. The caregiver must be 18 years of age or older.
2. The caregiver is providing care to older individuals age 60 and older.

**What is offered through Central Wyoming Senior Services for NFCG program?**

**Light Housekeeping**

- Vacuum
- Dust
- Clean Kitchen (sweep/mop)
- Clean Bathroom (sweep/mop)
- Laundry
- Linen Change
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**Personal Care**

- Bathing/standby assist
- Dressing
- Transfer
- Blood pressure check

**In-Home Respite Care**

- Give Caregiver a break to run errands or simply to take time out for themselves.
- Meal Prep

**Case Management**

- Initial visit
- Quarterly visit
- Annual visit
- Caregiver Evaluation

**Support Group \***

- 1st and 3rd Thursday  
10:00AM at Casper Senior Center
- 2nd & 4th Wednesday  
6:30PM at Meadow Winds
- 2nd Tuesday  
1:00PM at Life Care Center of Casper

\*Groups are private and confidential.  
For additional information please contact Dani Guerttman at 307-265-4678 ext. 106

**National Family Caregiver Support Program**

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