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CARING FOR THE CAREGIVER: HOW TO PREVENT BURNOUT

As Canada's population ages, the number of caregivers who are involved in dementia care is on the rise. The latest statistics from the Alzheimer Society show that there are 25,000 new cases of dementia every year and by 2031, the number of cases will increase 66% from today.

Caregivers for People with Dementia Burnout More Often

Caregiving is challenging, and people with dementia often require long care hours. This type of caregiving is associated with higher levels of burnout than non-dementia caregiving. Research has shown that it is much more difficult to do than caring for someone with a physical disability.

For almost all carers there is the balancing act of family life, careers and other relationships. Some caregiver demographics, such as homosexual, Indigenous and caregivers of individuals with early onset dementia, may experience additional stressors in their roles. Each of these caregiver groups has challenges that are specific to their situation.

Early onset dementia caregivers are often in the phase of life where they are raising younger children and carry more of a financial burden. They may have not fully developed their caregiving skills and feel more unprepared for the task. Homosexual caregivers often have to deal with prejudice and lack of sensitivity in the healthcare system; while Indigenous populations may

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Cooking with Gwen

Gwen is the Meal Coordinator for both Sanford and Starbuck GEMS Meal programs. Her love of Seniors and cooking is apparent as everything she makes is fantastic!

If you have not yet been to a meal program, check out our calendar and give us a call. We would love to see you!



Sweet and Easy Rhubarb Cake

Ingredients

5 cups rhubarb cut into small bite sized pieces.
1 cup sugar
1 small box strawberry JELLO
3 cups miniature marshmallows.
Betty Crocker Super Moist Yellow Cake Mix (or your favorite cake mix)
½ cup oil
3 eggs
1 cup water

Instructions

Grease 9 X 13 inch pan. Preheat oven to 350 degrees.
Spread rhubarb on bottom of pan.
Pour sugar over rhubarb
Sprinkle gelatin over sugar
Top with mini marshmallows
Mix cake according to package directions using oil, eggs and water.
Pour over rhubarb mixture.
Bake one hour and serve with whipped cream.

Upcoming Programs

Folklorama Tour 2019

Friday, Aug 9: \$90 p.p.

Visit 3 pavilions and enjoy included food, beverages and cultural shows.

(VIP treatment: No lines ups, reserved seating, table service.)

- ♦ First Nations Pavilion: appetizer and cultural alcoholic beverage
- ♦ African Pavilion: meal and domestic alcoholic beverage
- ♦ Argentina Tango Pavilion: dessert and non-alcoholic beverage

The bus will pick up in Starbuck, Sanford, and Oak Bluff.

Please reserve with Leanne by July 13, 2019, 204-735-3052

Upcoming Presentations for Fall

Back Health with Sandra Thompson, Thursday Sept 12

Health care Directives, TBA

Kidney Health, TBA

Fred: "Why do elephants wear red nail polish?"

Bob: "I don't know, why?"

Fred: "To hide in cherry trees."

Bob: "But I've never seen an elephant in a cherry tree."



Fred: "See, it works."

Preventing Caregiver Burnout, continued from page 1

not have access to mental health services.

Stress Warning Signs

The stresses of caregiving can be insidious and often trace back to the caregiver neglecting their own mental and physical health. These triggers may happen slowly and make burnout hard to identify.

Some warning signs include:

- It is difficult to concentrate and get things done
- You are not enjoying social activities and friends
- You find it a chore to leave the house
- You are more irritable and have mood changes
- You are having trouble sleeping
- Your weight may be affected (up or down)
- You feel anxious or depressed
- You have physical complaints such as headaches, pains
- You get sick more often, with both minor and major ailments

Caregiving Will Not Change the Course of the Dementia

Some caregivers feel the self-imposed responsibility that their efforts can somehow change the course of the illness by keeping the individual with dementia “happy and healthy.” Many caregivers report that they end up feeling upset with the person they are caring for. Though they are aware that feeling this way is not rational, it makes them feel worse.

Many caregivers saddle themselves with unrealistic expectations of what they can handle on a daily or practical level. Money, resources and ability to manage may not be adequate and can make a caregiver feel impotent. The lack of ability to control this situation combined with a complex health care system can be difficult and frustrating.

Fortunately, not all symptoms occur for every caregiver, and there is no timeline on when they will feel that things are not working.

How to Access Support for Caregivers

The good news is research has shown that support can make things easier for caregivers.

Interventions can come in different forms like receiving help to get things done and assistance with housework, bathing or other tasks.

The caregiver also needs support to deal with the stress of watching someone they care about deteriorate to help them cope with the emotional struggles that are part of the journey.

These supports can come from both professionals as well as peer caregivers. Every situation is different and supports should be built around need. There are a variety of services and resources that can help. The key is to find one that suits your family.

Reach out to your doctor or your local health agency. Find someone who will help your family to find what it needs to get the care, education and support to be both effective and healthy.

<https://www.cbc.ca/cbcdocspov/features/caring-for-the-caregiver-how-to-prevent-burnout>

5 TIPS FOR DEALING WITH CAREGIVER BURNOUT



01 TAKE CARE OF YOURSELF

Long-term stress of any kind can lead to serious health problems. Try to stay active for 30 minutes every day, rest for 7-8 hours each night, and be mindful of your emotional wellbeing.



02 KEEP A JOURNAL

Write down what you are most grateful for and other positive thoughts to help motivate you through difficult times.



03 ASK FOR HELP

You don't have to go through this alone. Always be willing to express your feelings, ask for advice and say "yes!" when people offer to help.

04 HAVE FUN

Go for a walk, visit museums, watch your favourite show, play board games or anything that will make your time more relaxing.



05 VALUE YOUR WORK

Stay organized by making to-do lists and setting a routine to help you cope with the stress of caregiving. Focus on what you can control and value your work and effort.

Follow the Rules

This trivia will help in the areas of your working memory, executive functioning, attention to detail and multitasking

How well do you follow the rules? If you follow each instruction carefully, you will find out the answer to the proverbial question: “what do women want?”

1. With no spaces between the words, write down the phrase: WHAT DO WOMAN WANT
2. Remove the E and place it at the end.
3. If F is a Roman numeral, put an F in the eleventh position. If F is not a Roman numeral, put an L in the eleventh position.
4. Replace the second W with two C's.
5. Swap the first and eighth letters.
6. If Canada became a country on July 1, 1867 then remove the letters MD. If not, remove the first N and the first O.

Answers on page 7

Body Expressions

Fill in the blank space with the body part that completes the two-word adjectival phrase.

1. _____-tingling
2. _____-opening
3. _____-curdling
4. _____-tapping
5. _____-crushing
6. _____-raising
7. _____-rending
8. _____-dropping
9. _____-boggling
10. _____-watering

Answers on page 7

Frauds & Scams: Manitoba Hydro

We often get reports from our customers of being approached at their home, or by phone, by someone who gives the impression they work for Manitoba Hydro.

In most cases, this contact was not asked for and is an aggressive attempt to try to get a customer to buy services or products that they don't need, or to send money for an unverified unpaid bill.

Scammers often target seniors living alone, but anyone can be a target. It's important that you know when you could be misled. Protect yourself and your money. Share this information with friends and family to keep them safe too.

These scams have been reported to us by our customers:

text message;

door-to-door;

phone;

email.

How to spot a scam

Scammers are always finding new ways to take your money. Never share your personal information including your birthdate, social insurance number, or bank account information.

What to do if you are contacted

If you ever feel threatened or concerned for your safety in any way, contact your local police. Your safety should always be your priority.

Never give your personal information to someone whose identity you cannot be sure of.

If you have questions about a pending service disconnection, call our Credit & Recovery services at 204-480-5901.

Answers to What Do Women Want: Chocolate

Answers to Body Expressions

1. Spine
2. Eye
3. Blood
4. Toe
5. Bone
6. Hair
7. Heart
8. Jaw
9. Mind
10. Mouth

Macdonald Services to Seniors has a Website!

Check us out at www.MacdonaldSeniors.ca

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Helping seniors remain in their own homes

M.S.S. is a service to all older adults within the R.M. of Macdonald.

We can help with transportation, home and yard maintenance, house-keeping, foot care, medical equipment loans, filling out forms, accessing information, Victoria Lifeline and ERIK. Please call for information.

M.S.S. relies on volunteers and service providers to help older adults remain in their own homes for as long as possible.

If you have a few hours to give, please call Leanne to see how you can be of service. We are always looking for people to help with transportation, light house cleaning, or even friendly visiting.

Service Providers Featured in Previous Issues:

Foot Care:

A Step in Time Foot Care: Brenda Grom—204-509-1817

Leanne Maes (La Salle): 204-771-4030

Hair Care:

Hair I Am Mobile Salon: Leah Macaulay—204-470-2727

If you offer services for seniors, and would like to be featured in this newsletter, please contact Leanne

**Macdonald Services to Seniors is in Need of
Drivers, and House and yard maintenance
in all communities.**

**If you are interested in putting your name forward to
be contacted when someone requires help with trans-
portation or light house cleaning, please call Leanne.**

