



Appreciating Osteoarthritis Caregivers

by NEWLIFEOUTLOOK TEAM

Avoiding Caregiver Burnout

As well as causing pain, osteoarthritis can also cause symptoms like depression, anxiety and anger. As a caregiver for someone with OA, the physical strain combined with the heartbreak of watching someone you love in pain can easily lead to caregiver burnout.

In addition to the tips listed below for preventing burnout, remember that feelings of frustration, anger, resentment, and as a result of these, guilt, are all normal emotions to experience as a caregiver.

Talk about these feelings with someone who will understand, whether that person is a therapist, a fellow OA caregiver, or a someone at a support organization. Stifling these emotions isn't good for your mental health, and can make you a less effective caregiver.

Also remember that your best is all you can do. Your loved one appreciates your support, probably more than you know.



90 MILLION
Americans are caregivers for loved ones who are sick or disabled in some way.¹

1 MILLION AMERICANS
are also caring for veterans from the IRAQ+AFGHANISTAN wars who have visible injuries and invisible wounds.

True Dedication
A caregiver may help their loved one with **washing, dressing, eating** and other daily activities, as well as taking **medications**, getting to doctor's **appointments**, and so much more.

Handle with CARE
Each member of our family has the ability to help a loved one with a chronic condition, illness, or disability that may cause a barrier to healthy care options.

- Multiple sclerosis
- Lupus
- Parkinson's
- Diabetes
- Dementia
- Alzheimer's
- Depression
- Anxiety
- Autism

Be young and YOUNG AT HEART
Because of America's aging population, the number of people needing care has been rising, and is expected to keep going up. By 2020, people age 65 and older are expected to make up around **19%** of the American population, up from **14.8%** in 2008.²

However, parents caring for children with disabilities are also in the family caregiver ranks. Children with conditions like **autism, muscular dystrophy** and **down's syndrome** all require a caregiver, often through into adulthood.

CAREGIVER BURNOUT
Caregiver burnout is when a caregiver becomes emotionally and physically exhausted under the strain of caring for another person. This can manifest as:

- Irritability and feeling blue
- Fatigue and changes in sleep patterns
- Withdrawing from friends and other loved ones
- Abandoning activities you used to enjoy
- Changes in appetite and/or weight
- Depression and/or anxiety

Six tips to **AVOID BURNOUT**SM

Stay HEALTHY
It's easy to spend so much time thinking about your loved one's health that you can completely forget about your own. Make sure you take care of yourself, too – not work, exercise and get enough sleep.

Pursue your INTERESTS
Giving up on your hobbies and interests because of your caregiving duties can leave you feeling empty. Try to find time to do the things you love to do. You'll be able to enjoy your life more.

Take time to DE-STRESS
Consider taking up a stress-reducing activity like yoga, meditation or deep breathing techniques that will help you let go of the stress of being a caregiver.

Take A BREAK
Being a caregiver, although a labor of love, can be emotionally and physically draining. Give yourself time to be a caregiver every now and then to rest and recharge.

Connect with other CAREGIVERS
Joining a support group or an online forum for caregivers can help you to feel less alone in your struggles and provide a sense of community.

Seek and ACCEPT HELP
There's no shame in admitting you need help. Asking for help, or accepting it when it's offered, can lighten your load and make you better able to cope.

