

#### Caring and Not Collapsing

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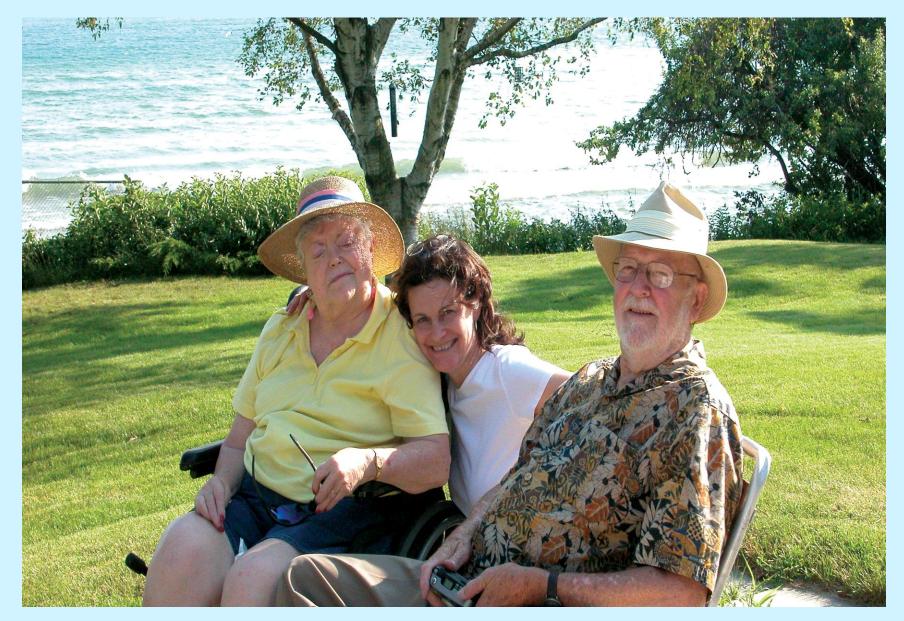
### Caregiving is no longer a secret. It's a concern.



It's been said that there are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who need caregivers.



- The number of people reaching the age of 65 will more than double over the next two decades.
- One in four Canadian adults over the age of 45 is currently providing care at home for a loved one
- What is the average age of a family caregiver?48
- What is the average age of a care recipient?78



Mum, Caroline and Don



#### Caregiver burnout means

- Stress, fatigue, social isolation & grief
- Anxiety and depression
- Increased risk of ill-health



## Preventing burnout: Ways to cope...



#### First and foremost, try and keep your sense of humour.



#### Don't get overtired.



## Try to do some normal things.



#### Ask for help.



## Focus on what you are able to provide.



#### Maintain your own health.



#### Find "me time" every day.



#### Breathe.



#### And lastly, be thankful.



# From adversity comes opportunity, strength and greatness.