

Professional and Family Caregiver Resources

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Learning Objectives:

- Discuss referral options for Family Caregiver Assistance
- Discuss burnout in Family and Professional Caregivers
- Provide tips to reduce Caregiver burnout

Are you a Caregiver?

Family Caregiver Resources

- National Resources
 - Eldercare Locator
 - Family Caregiver Alliance
 - National Alliance for Caregiving
 - Alzheimer's Association
- Veteran Caregiver Resources
 - VA Caregiver Support Program
- Tribal Resources
 - NICOA Caregiver Program
- State Resources
 - Lifespan Respite Program
 - OKDHS: Family Caregiver Support Program
 - OK Cares
- Private service

**Why is Caregiver Support so
important for:
Resident's families?
Employee's?
YOU?**

Caregiver Stress

What is Caregiver Stress?

Risk factors for Caregiver Stress

Signs of Caregiver Stress

Caregiver Burnout

- What causes Caregiver burnout?
 - Emotional demands resulting from the care receivers condition.
 - Conflicting demands
 - Ambiguity of roles
 - Work load
 - Conflicting policies and procedures
 - Lack of privacy

Caregiver Burnout

- These factors may contribute to feeling of:
 - Lack of mastery
 - Lack of Automomy
 - Failure to achieve goals

Caregiver Burnout

- Signs/Symptoms of Burnout
 - Depression
 - Withdrawal
 - Feelings of helplessness or hopelessness
 - Negative emotions
 - Physical fatigue
 - Sleep deprivation or sleep disorders
 - Abuse of care receiver
 - Neglect of care receiver
 - Personal health problems
 - Lowered self esteem

What can I do?

- Give yourself a break!
- Simplify your communication
- Tap into resources
- Nurture positive relationships
- Take care of YOUR own health.

Stress Reduction Techniques

- You tell me?

FREE CLASSES AND WORKBOOKS



Healthy Brain, Healthy Mind helps older adults understand the many ways they can maintain a healthy brain. Through more than a dozen methods - such as establishing good habits and routines, physical activity and nutrition. Participants will learn how to improve their physical and mental health.

Walk away with tools for:

- Setting goals and finding success
- Identifying signs of stress and depression
- Engaging in healthy activities
- Dealing with the blues
- Thriving vs. getting by, and so much more



POWERFUL TOOLS FOR CAREGIVERS

This class series is designed to help family caregivers take better care of themselves while caring for a family member or friend.

Walk away with tools for:

- Reducing stressors
- Changing negative self-talk
- Communicating your needs to family members and healthcare or service providers
- Effectively communicating in challenging situations
- Dealing with difficult feelings
- Making tough caregiving decisions.

FOR INFORMATION ON CLASS LOCATIONS, DATES AND TIMES

PLEASE VISIT OUR WEBSITE: WWW.OHAI.ORG

Classes are offered both online and in-person.



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Healthy Brain Healthy Mind for the Dementia Caregiver

Healthy Brain, Healthy Mind for the Dementia Caregiver is designed to assist Professional and Family Caregivers understand the many ways they can maintain a healthy brain. Caregivers will also come away with tools to assist them in caring for themselves while caring for others.

Free Class and Workbook

Class is free, but registration is required to guarantee your space in the class and copy of the class workbook.

To register for a class or for more information, please call 405-271-2290 or email OHAI@ouhsc.edu



Classes are offered both in person and on the Zoom virtual platform.



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Questions?

**GOD GAVE
BURDENS,
HE ALSO
GAVE
SHOULDERS.**

Yiddish Proverb

Thank you!

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