

AT A GLANCE...

DON'T CONFUSE COURAGE WITH WISDOM: *CAREGIVER BURNOUT AND BURDEN*

or

“PUT ON YOUR OXYGEN MASK FIRST”

A summary from the RTOERO June Health Workshop on Caregiving Burnout.

The presenter, **Patricia Wendy**, is the manager of Social Work, Hospital and Bereavement Program, Circle of Care, Sinai Health.

“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.

Those who will need caregivers”.

~ Rosalynn Carter

There are 7.8 million caregivers in Canada that gave 15.7 million hours in care in 2018. The economic value of family caregivers is estimated to be \$97.1 billion. To replace these caregivers would take 2.8 million full time equivalent workers. Ontario has 3.3 million caregivers. By 2050 there will be 35% fewer family members to perform the role of caregiver.

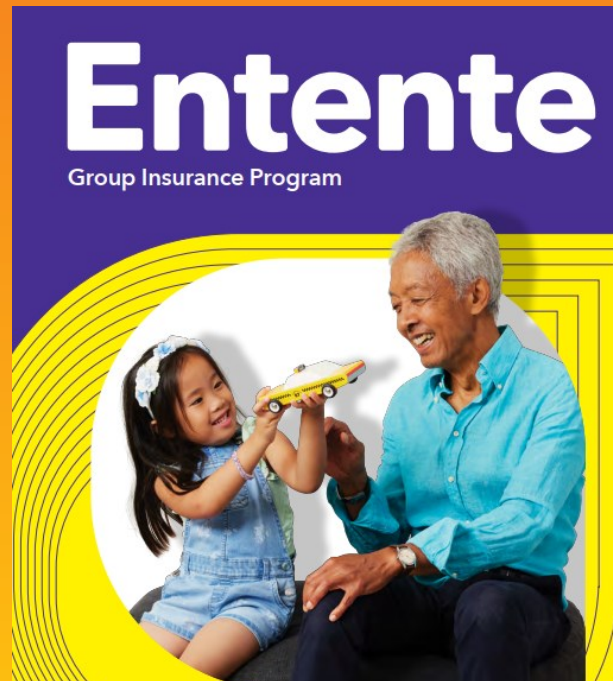
The important role of caregiver may cause physical or mental strain that then has serious affects on the quality of care. With reference to her clients the speaker outlined the many types of people that fall into the role of caregiver, the kinds of stressors present, the signs of burnout and strategies that help caregivers remain effective in their new role.

Help is available through the Ontario Caregiver Program at Helpline 1-833-416-2273. A variety of programs are available; Helpful Webinars, One on One Peer Support, online Support Groups, The Scale Program (Supporting Caregiver Awareness Learning and Empowerment), Caregiver Coaching Program, Online Learning Library, 90 Second Caregiver (a free short evidence based health letter delivered weekly to your inbox), Time to Talk Podcast and more.

Different contact options are available in addition to the above phone #: Email info@ontarioncaregiver.ca, Ph.1-888-877-1626, or www.ontariocaregiver.com.

A caregiver you know might find these resources helpful.

Tip: CNTL + roll your mouse wheel or pinch in/out on a mobile to zoom in/out.



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THANK YOU CALLERS!!!