Navigating Caregiver Burnout

Essential Strategies for Sustainable Caregiving, Personal Well-Being, and Finding Emotional Balance

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SHBP
State Health Benefit Plan
A Division of the Georgia Department of Community Health

Administered by Anthem

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Essential Mindset Shift

"You cannot pour from an empty cup. Taking care of yourself is not selfish—it is the essential foundation of caring for others."

— Caregiver Wellness Principle

Understanding Burnout

Recognizing the subtle shifts from manageable daily stress to total physical and emotional depletion

Conditions that may require caregiver support

- Alzheimer's disease or dementia
- Cancer
- Chronic illness
- Mental health conditions
- Multiple sclerosis
- Parkinson's disease
- Stroke
- Traumatic brain injuries



What is caregiver burnout?

- Caregiver burnout is physical, emotional, or mental exhaustion that can negatively affect a caregiver's well-being and attitude.
- Burnout can occur when caregivers lack support and the physical and emotional demands of caregiving become overwhelming.
- Caring for a loved one can be demanding, making it difficult for caregivers to prioritize their own health. When burnout occurs, it can affect both the caregiver and the person receiving care.



Common causes

- Role confusion
- Unrealistic expectations
- Lack of control
- Unreasonable demands



Caregiver Stress vs. Burnout

Caregiver Stress

Primary State: Over-engagement and high pressure.

Caregivers feel urgent demands on their time and energy but still maintain the belief that if they can control the situation, things will improve.

Impact: Takes a primary toll on physical energy, leading to temporary fatigue and anxiety.

Caregiver Burnout

Primary State: Disengagement and emotional exhaustion.

A state of feeling completely drained, hopeless, and detached. Caregivers may feel that no effort will make a meaningful difference.

Impact: Leads to chronic physical illness, emotional blunting, depression, and severe isolation.

Early Warning Signs

Recognize the Telltale Symptoms

Burnout develops gradually over time. Early awareness allows caregivers to intervene before health and wellness are deeply compromised.

Key indicators include continuous fatigue despite sleep, increased irritability or emotional numbness, withdrawal from close friends, and neglecting your own medical needs.



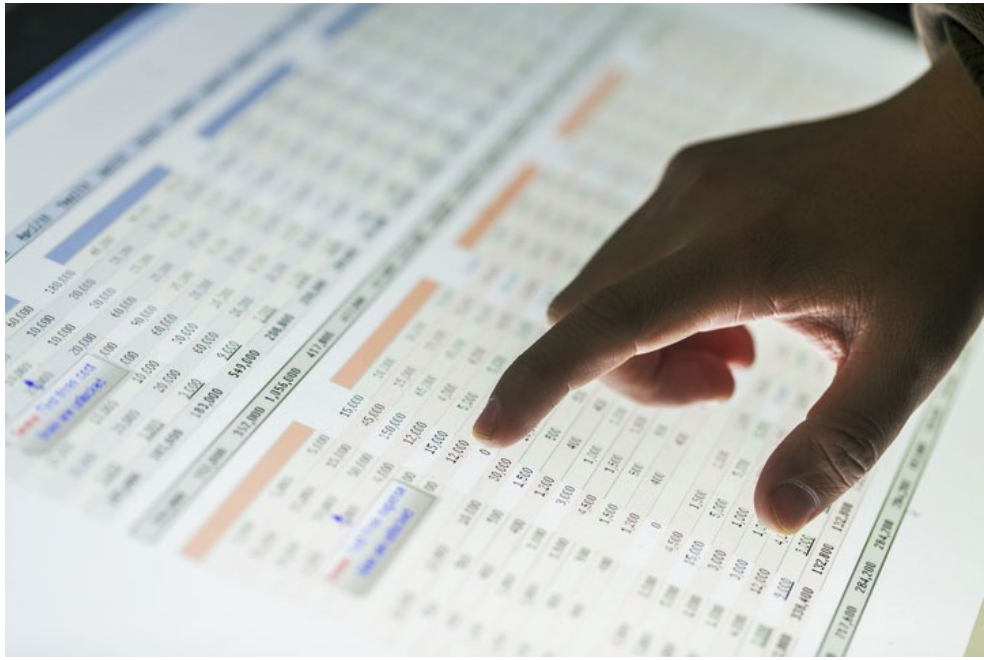
What are the signs and symptoms of caregiver burnout?

- Emotional and physical exhaustion
- Withdrawal from friends, family and other loved ones
- Loss of interest in activities previously enjoyed
- Feeling hopeless and helpless
- Changes in appetite and/or weight
- Changes in sleep patterns
- Unable to concentrate
- Getting sick more often
- Irritability, frustration or anger toward others

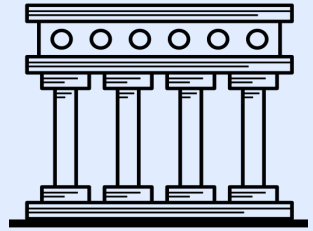


The Numbers

- In the US **43.5M** caregivers
- One in four caregivers provide over **40 hours of care per week**
- 57 percent of caregivers assist with medical or nursing tasks
- Over 60 percent of caregivers are women
- Approximately 50% of caregivers report struggles



Pillars of Prevention



Set Boundaries



Protect Health



Seek Support



Actionable Daily Self-Care

- **Practice 5-Minute Micro-Breaks:** Incorporate short deep-breathing sessions or peaceful walks throughout the day to reset your nervous system
- **Prioritize and Delegate Tasks:** Maintain a strict list of essential tasks and delegate non-critical chores to others in your support network
- **Keep Personal Appointments:** Never cancel your own physician visits, dental checkups, or personal wellness routines
- **Connect with Peer Groups:** Join local or online caregiver networks to speak openly with individuals who understand your journey

Building Your Support Ecosystem



Resource Type	Services Provided	Primary Benefit
Community Programs	Adult day care centers, meal delivery, community transport	Reduces daily burden & provides social structure
Emotional & Mental Health	Caregiver support groups, counseling	Provides safe emotional outlet & stress tools
Legal & Financial Counsel	Elder law planning, benefit navigation, care coordination	Eliminates uncertainty & long-term planning stress

4-Step Action Plan to Reset



1. Assess

Identify primary stressors and recognize early physical/emotional symptoms.

2. Communicate

Set boundaries and clearly state care needs to family members.

3. Activate

Enroll in local programs and delegate routine tasks.

4. Reclaim

Re-establish regular self-care habits, healthcare visits, and hobbies.

Anthem Resources

A team that delivers:

- Registered nurses who help guide you in managing your condition and refer you to other health experts, as needed
- Behavioral health case managers who are licensed professionals who can offer confidential support, coordinate services of other healthcare providers and provide local and online resource
- Pharmacists who understand the medicines used to treat health conditions and their side effects
- Social workers who can assist with community resources and support services
- Registered dietitians who offer nutritional education and dietary expertise
- Exercise physiologists who give expert help on setting fitness goals in line with your doctor's care plan
- Health coaches who can work with you to set health goals to improve the quality of your life

https://www.anthem.com/mcr/shbp/resources

Total Health, Total You

Anthem Resources

Anthem Resources	What it is	How to connect
Behavioral Health Resource Center	No matter what you or your loved ones are going through, help is available through Anthem's 24/7 **Behavioral Health Resource Center** at no additional cost to you.	Call **855-679-5722** anytime day or night to reach a licensed behavioral health clinician.
Behavioral Health Case Management	The program helps members and their families access appropriate treatment, connect with community resources, receive education and phone-based support, and coordinate care among providers. They can help with mental health issues such as depression, stress, anxiety,	Enroll by calling **855-747-1138**, from 9 a.m. to 6 p.m. ET, Monday to Friday.
LiveHealth Online	Select from counselors who meet your needs, schedule a video visit, and then connect with your counselor without leaving the privacy and comfort of your home.	Using the **Sydney® Health** app, select virtual care under the care tab, then select LiveHealth Online OR Visit livehealthonline.com.
Find Care Tool	Find therapist, doctors, hospitals, and more in your plan's network.	Visit SHBP - Find Care (anthem.com).

Total Health, Total You

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It helps to have someone by your side to help you achieve your health goals. Total Health, Total You offers a holistic clinical management approach to address all of your healthcare needs. It provides a team of nurses, health coaches, dietitians, pharmacists, exercise physiologists, behavioral health specialists, and other health experts.

A team that delivers

Registered nurses
who help guide you in managing your condition and refer you to other health experts, as needed.

Social workers
who can assist with community resources and support services.

Exercise physiologists
who give expert help on setting fitness goals in line with your doctor's care plan.

Respiratory therapists
who can provide sleep apnea education, training for respiratory equipment, or assist with smoking cessation.

Registered dietitians
who offer nutritional education and dietary expertise.

Health coaches
who can work with you to set health goals to improve the quality of your life.

Pharmacists
who understand the medicines used to treat health conditions and their side effects.



To learn more, call 866-901-0746, available from 8 a.m. to 6 p.m. ET, Monday to Friday.

Help with managing chronic health conditions

If you or one of your covered dependents lives with a chronic health condition, Anthem's experienced nurses and coaches can help you manage symptoms to improve your quality of life. Anthem's health experts can help members with the following conditions:

- Asthma
- Low-back pain
- Diabetes
- High blood pressure
- High cholesterol
- Chronic obstructive pulmonary disease (COPD)
- Certain types of cancer
- Heart failure (HF)
- Vascular or musculoskeletal diseases
- Coronary artery disease (CAD)

Case management

After surgery or a stay in the hospital, an Anthem nurse will contact you to review your doctor's care plan. Follow-up care, medication review, and personal lifestyle coaching are some of the services they can provide to members.

24/7 NurseLine

The registered nurses at Anthem's 24/7 NurseLine offer answers to your health questions, health-related educational materials and information about helpful tools/programs. They are available anytime of the day or night, including weekends, at 866-787-6361.

Applied Behavioral Analysis (ABA) Therapy

Anthem's health experts are available to provide telephonic support, education and resources, and provider outreach to those diagnosed with Autism Spectrum Disorder.

Behavioral Health

When experiencing stress or depression, our licensed health professionals can offer confidential support to alleviate your pain. They can also coordinate the services of your other healthcare providers and provide local and online resources.

Building Healthy Families

A program designed to support growing families with tools and resources, from family planning and pregnancy through the toddler years. The program includes:

- Tools to help you stay organized.
- Health and wellness expertise for you and your family.
- Personalized pregnancy support.

Building Healthy Families offers a personalized approach to care with digital tools, educational resources, care plans, messaging, and trackers.

Anthem SHBP Website

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www.anthem. com/SHBP

Includes a wide variety of information to help you on your journey to be your healthy best!

- Live Health Online
- 24/7 Nurse Line
- Preventive Care Coverage
- Building Healthy Families
- Prescription Drug Savings
- Goal Setting
- Healthy Checklist
- Education
- Mental Health Resources
- Health Videos and Webinars
- Incentive Program Information
- Tobacco Cessation
- Recipes
- Much More!

Caregiver Resources

Podcasts for Public Health Professionals

Memory Loss Among Caregivers

Prevalence of Arthritis Among Adult Caregivers

What About Caregivers

Baby Boomers Who Are Caregivers Report Being in Poor Health

Best Programs for Caregiving

Sources



- Best Programs for Caregiving
- Promoting Caregiving Across the Full Community, the role for public health strategists
- Caring for the Caregiver.
- Caregiver Burnout: What It Is, Symptoms &Prevention
- Alzheimer's disease or dementia
- Cancer
- Chronic illness
- Mental health conditions
- Multiple sclerosis
- Parkinson's disease
- Stroke
- Traumatic brain injuries

Questions & Discussion



Remember: Caring for yourself is an integral part of caregiving.

National Caregiver Helpline & Support Resources | www.caregiver.org