

# LifeSolutions

## Caregiver Support



## Caring for yourself while caring for others

**Caring for a loved one can be a rewarding experience, but it can also be physically and emotionally draining. That's especially true for caregivers who work full time. The National Alliance for Caregiving found that the typical caregiver works full time while providing 24 hours of support each week to their loved one.**

*Caregiving can take a toll on your health, finances, work, and home life, so it's important for you to take care of yourself and acknowledge your limits.*

### **Be aware of burnout**

*The signs of caregiver burnout are similar to the symptoms of stress and depression. They may include:*

- *Feeling emotionally and physically exhausted.*
- *Withdrawing from friends and family.*
- *Feeling irritable, hopeless, or helpless.*
- *Experiencing changes in your appetite, weight, or both.*
- *Wanting to hurt yourself or the person for whom you're caring.*

*Make a list of the changes you experience when you are stressed and put it somewhere you will see it every day. This will help you recognize when you are beginning to burn out. You can then work to manage the issues that are causing your stress.*

### **Don't try to do it alone**

*Caregiving shouldn't be a solo effort. You should allow the person you are caring for to do as much as he or she is capable of doing. You should also assemble a support team.*

*Reach out to your loved one's doctors, case managers, or therapists as well as family members. Something as small as a 15-minute break can help you feel reinvigorated.*



## Talk to your employer

*Speak with your supervisor about the challenges you are facing. He or she may be willing to adjust your schedule or responsibilities to make your work-life balance more manageable.*

*Your supervisor may also direct you to the LifeSolutions Employee assistance program (EAP), which can help you locate support services in your area. Care managers are available 24 hours a day, 7 days a week at **+1 844-833-0527**.*

*LifeSolutions also offers counseling sessions to help caregivers deal with their stress, and its website—**www.lifesolutionsforyou.com**—features a variety of resources.*

*Caring for a loved one is an admirable and wonderful thing, but you don't have to do it alone or run yourself down. Help is available, so take advantage of it!*

**EAP services are private and confidential. They are available to you and members of your household at no cost. Call or email us to ask questions or schedule an appointment.**

**LifeSolutions@upmc.edu  
+1 844-833-0527 (TTY: 711)**

**To access the Work-Life section of our website, go to [www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com), click Login, and enter your company code: CCEAP.**

*This information is not a substitute for professional care or your organization's policies. If you have or suspect you have an issue related to the material presented here, consult an appropriate professional.*

## Nondiscrimination statement

UPMC Health Plan, on behalf of itself and its affiliates, complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation.

## Translation services

**ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-869-7228 (TTY: 711).

**注意：**如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-869-7228（TTY：711）。

**workpartners** 

the people activation company

U.S. Steel Tower, 600 Grant Street, Pittsburgh, PA 15219