

News Release

For Immediate Release

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November is Family Caregivers Month

National Family Caregivers Month is celebrated each November. This month is a time to recognize and honor family caregivers across the country. Southwest Nebraska Public Health Department (SWNPHD) would like to recognize those who have been a caregiver, are currently caregiving, or will be caregiving in the future. We recognize the dedication, commitment, honor, and devotion they have when caring for their loved one or neighbor.

Celebrating our local family caregivers during National Family Caregivers Month enables all of us to:

- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification
- Increase support for family caregivers

Since caregiving can be one of the most difficult jobs for anyone with around-the-clock care, little rest, stress, emotional situations, and often times inadequate compensation, the mission of National Caregiver Month is designed to raise awareness of those challenges and improve the caregiver's overall well-being.

What is Burnout?

Caregiver burnout is a state of physical, emotional, and mental exhaustion. Burnout can occur when caregivers do not get the help they need, or if they try to do more than they are able, physically, or financially. "Burned out" caregivers may experience fatigue, stress, anxiety, and depression.

How to Prevent Caregiver Burnout

- Talk about your feelings and/or frustrations with someone you trust.
- Set realistic goals.
- Take advantage of respite care services.
- Acknowledge that there may come a time when the patient requires nursing services or assisted living outside the family home.
- Take care of yourself. Practice effective and proper self-care techniques.
- Talk to a professional (therapists, social workers, and clergy members)
- Educate yourself. The more you know about the illness, the more effective you will be in caring for the person with the illness.
- Use effective coping skills.
- Join a caregiver support group to share your feelings and experiences with others in the same or similar situation.

Nebraska Lifespan Respite Network is a program that supplies funding to those in need of aid. When a caregiver needs aid, a provider is either requested or provided to that caregiver to supply care for his/her loved one(s). Funding starts at \$125, but with exceptional circumstances, that family also has the potential to receive an added \$1,000, which can be distributed out any way they choose, whether they get one lump sum payment, or evenly split out to \$207 a month. Currently, Southwest Nebraska Respite Network is assisting nineteen caregivers.

If you are caring for a loved one and would like to learn more about respite services, contact Paula at 308-345-4990 or visit respite.ne.gov. The Lifespan Respite Network Southwest Service Area serves Arthur, Chase, Dawson, Dundy, Frontier, Furnas, Gosper, Grant, Hayes, Hitchcock, Hooker, Keith, Lincoln, Logan, McPherson, Perkins, Red Willow, and Thomas counties.

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