Most importantly, remember you got this!

You are stronger than you know!

Caregiver Burnout

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One of the most challenging things that we can face in life is being unexpectedly thrown into a caregiver role. When this happens to you, your world seems to be turned upside down. You can often lose hope that your life will never be “normal” again. Caregiving can, and will come, with many stressors but there is hope! It may be hard to see from your current perspective but you can find joy once you adjust to a new “normal”. This new “normal” can include you as an incredible and empowered caregiver. Here are some things you can do to help you in your journey:

Get Empowered: The first step in getting empowered is to celebrate the small victories. Your efforts matter and your efforts are incredibly important and valuable to yourself and to your loved one. Second, focus on the things you can control. The quickest way to discouragement is trying to fix your loved one’s condition. We can take small steps in improving the quality of life of the ones we love but we can’t wish or force an ailment away.

Get Support: It is incredibly challenging for people, in general, to ask for or accept help. So you need to learn how to say “yes” to help requests or to ask directly for the help of others in your life. Spread the responsibility of care! Get as many family members involved as possible. Hopefully you will be surprised by the support you can get when you learn to ask for it. Additionally, you can find great relief and support through community resources. In Salt Lake County, there is a support program for caregivers. Call (385)-468-3280 or go to slco.org/caregiver for more information.

Remember your Needs: The last thing you can do is to take care of yourself. Both you and your loved ones suffer when you neglect your own needs. It is important to maintain your personal relationships so you can have others to lean on. It’s very important to plan and schedule “me” time. If you do, you may just be able to finish that great book you started a year ago!
“Getting Back to Living”

Technology Recreation Access Independence Lifestyle

Sports (TRAILS) is a comprehensive outreach program at the University of Utah Health Rehabilitation Center. It is designed to prepare individuals with complex physical disability to engage in active living through sports and exercise programs as well as recreational experiences, education, wellness programs, and social activities. Providing year-round programming, TRAILS offers an excellent opportunity to develop an active lifestyle. These programs and resources serve as an important extension to hospital-based rehabilitation to facilitate lifelong activity and wellness.

Recreation

Participants can stay active year-round through indoor spinning, hand cycling, kayaking, sailing, target shooting, downhill skiing, cross-country skiing, swimming, and wheelchair tennis. These opportunities and resources will help bridge the gap between rehabilitation and returning to the community.

Research

TRAILS, in collaboration with the College of Health Sciences and the College of Health, will provide opportunities to advance excellence in recreation focused research. Current research is focused on increasing active lifestyles and decreasing secondary health conditions.

Wellness

Our comprehensive wellness program is designed specifically to maintain lifelong physical and mental health. Specialists in physical fitness, adaptive technology, nutrition, massage, and yoga form a unique team that provides the ultimate Wellness program. The program also gives an opportunity for sports specific workout plans.

For more information visit TRAILS or contact Tanja Kari: Phone: 801-581-2526 Email: Tanja.kari@hsc.utah.edu