



Recognize, prevent, and alleviate care partner burnout

Being a care partner is a rewarding experience that can feel overwhelming at times, which may lead to stress and burnout. You are not alone, we're here to help you protect against burnout over time.

What is burnout?

Burnout is a form of exhaustion caused by feeling overwhelmed. Being a care partner is emotionally and physically exhausting. It's important that you take some time for yourself to enjoy fun activities and self-care.

Recognize burnout

Some signs of burnout include:

- /// Fatigue
- /// Loss of interest in previously enjoyed activities
- /// Compassion fatigue
- /// Change in eating habits

Take care of yourself

Making a commitment to self-care may reduce your risk for cardiovascular disease, lower your blood pressure, enable better sleep, and reduce stress.

Prevent burnout

It's important for care partners to find time for themselves, to rest and recharge. These suggestions may help to prevent and respond to burnout.

Schedule respite care

Respite care allows people doing home hemodialysis to continue their prescribed treatments in-center for a short period of time. Your home therapy nurse or social worker can help determine your options.

Train a backup care partner

Backup care partners can help share responsibilities, allow for breaks when needed, and provide emotional support.

Build a support network

Identify and involve friends and family you feel comfortable talking to and sharing or delegating responsibilities with when you feel overwhelmed.

Join a support group

Many care partners find dialysis support groups to be a vital source of support, understanding, and information. You can find many online groups with members from across the country, and more local groups through state and local government agencies.

Explore meditation

Meditating on a consistent basis, even for short periods, may help boost your mood and decrease symptoms of anxiety. There are several free meditation apps that provide guided meditation.

Set goals

Start small, set daily goals, create a routine, and celebrate successes.

Mindfulness and wellness tips

Did you know...

Music therapy has been shown to reduce anxiety in people doing dialysis, provide a mental distraction, and reduce muscle tension.¹ The benefits are universal, so give it a try yourself.

Laughter lightens your mental load and causes positive physical changes in your body.

Calming your mind through meditation can help you focus more, stress less, and increase self-compassion.

Performing small acts of kindness leads to increased energy, happiness, serotonin levels, and life span, while decreasing pain, stress, anxiety, and blood pressure.

1. Kolpekwar J, Birewar S, Shanks M, Garcia S, Weber S. Effect of music therapy on dialysis patients: A Quality Improvement Project. 2022 National Kidney Foundation Spring Clinical Meeting.



GET THE SUPPORT YOU NEED

If you have any questions or concerns, talk to your care team who are here for you.