



**Comfort
Keepers.**

Elevating the
Human Spirit™



Solving Family Caregiver Burnout

One in four American adults is a caregiver for an adult or child with a complex medical condition or disability.¹ Many are doing their best to keep up with it all (personal commitments, work-life balance, even parenting), and this puts them at higher risk for stress-related health problems like anxiety, depression, and chronic illness.

Learn how to recognize and address the signs of burnout early so you can keep caring with greater balance, energy, and peace of mind.



63M+ adults are caregivers¹



40% of caregivers provide high-intensity care¹



22% of caregivers receive training¹



1 in 5 caregivers report poor health¹

COMMON SIGNS OF BURNOUT

- Chronic Fatigue:** Feeling physically exhausted despite rest
- Sleep Disruption:** Difficulty falling asleep, waking often, or unrestful sleep
- Emotional Overwhelm:** Feeling irritable, tearful, anxious, or guilty
- Social Isolation:** Withdrawing from friends and family, feeling alone
- Neglecting Health:** Skipping doctor visits, exercise, or healthy meals
- Loss of Enjoyment:** Reduced interest in activities that once brought joy
- Difficulty Concentrating:** Feeling foggy, forgetful, or indecisive
- Resentment or Guilt:** Thinking you're falling short or should be doing more

If you sometimes feel guilty, frustrated, or even resentful in your role as a caregiver, you're not alone.

YOU CAN'T POUR FROM AN EMPTY CUP

Taking care of a loved one can be deeply rewarding, but the weight of constant responsibilities adds up. Seeking help doesn't mean you're giving up. It means you're choosing to **prioritize** your own well-being, **protect** your health, and **preserve** the quality of the relationship with your loved one.

WAYS TO GET SUPPORT

Take regular breaks like an afternoon, overnight, or weekend to rest and recharge

Make time for self-care through walks, hobbies, rest, and simple healthy routines

Share tasks with siblings, relatives, or friends so you're not carrying the full load

Talk to a therapist or peer group to process guilt, stress, and emotional strain

Use a care plan and shared calendar to stay organized and reduce daily stress

Bring in trained care professionals to help with daily tasks and ease your role



EXPLORING HOME CARE SERVICES

Hiring a professional caregiver through an in-home care agency can be life-changing. In-home support lightens the load by easing everyday tasks and reducing emotional stress, allowing family caregivers to step back from the constant demands and feel more present and connected during the time they spend with their loved ones.²

*Caregiving is love...
but it's also labor.*

*Learning how to stay
resilient benefits both
you and your loved
one in the long run.*

HOW HOME CARE HELPS



**Hands-On Personal
& Household Care**



**Expertise in Aging
& Disability Needs**



**Safety, Medications
& Nutrition**



**Companionship &
Social Interaction**

You Don't Have to Do This All by Yourself

Need more information or a friendly conversation about caregiving support options?

Comfort Keepers serves families across the Greater Philadelphia area, and we're always here to talk.

(215) 885-9140

[comfortkeepers.com/offices/
pennsylvania/philadelphia](https://www.comfortkeepers.com/offices/pennsylvania/philadelphia)

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1. Caregiving in the US 2025, AARP

2. Relieving Family Burden with Professional In-Home Support, Comfort Keepers