

Preventing caregiver burnout in parents of children with special needs



Caregiver burnout is a real concern among parents of children with special needs who are, in most cases, the **primary caregivers** of their children with special needs.



Caring full-time for their children with special needs can be **mentally and physically draining** for parents and can lead to caregiver burnout.



What are the **risk factors** for caregiver burnout?

- Being the primary caregiver for your child
- Lack of emotional and physical support
- Lack of self-care
- Lack of coping skills
- Social isolation
- Marital problems
- Financial difficulties



What are the **signs** of caregiver burnout?

- Feeling helpless and hopeless
- Feeling anxious and overwhelmed
- Feeling sad and lonely
- Feeling irritable and angry
- Losing interest in activities you used to enjoy
- Withdrawing from family and friends



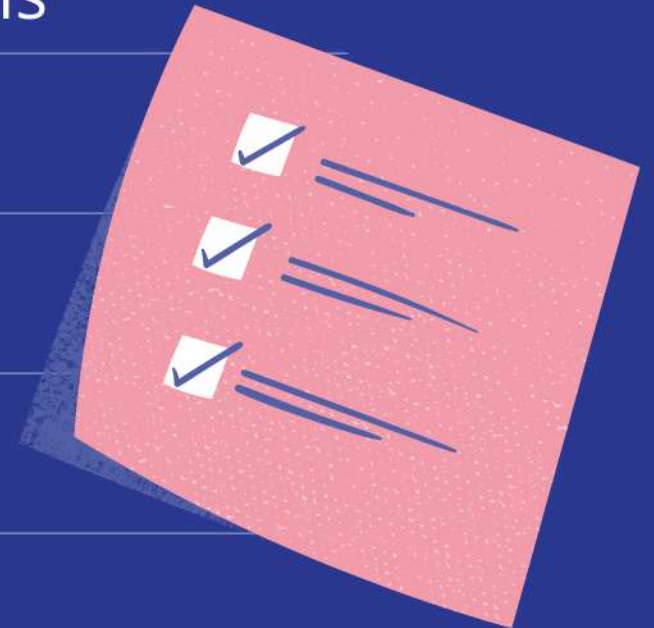
What are the **signs** of caregiver burnout?

- Being unable to take care of yourself and your child
- Wanting to hurt yourself or your child
- Gaining or losing weight
- Sleeping too much or too less
- Having headaches and body aches
- Falling sick often



Checklist to avoid caregiver burnout

- Ask for help
- Take care of yourself
- Have realistic expectations
- Set realistic goals
- Celebrate the wins
- Join support groups



Ask for help

Enlist the help of your partner and family members to take care of your child, or explore other options like day care, respite care, or hiring a nanny or a nurse to look after your child. If it's difficult to delegate your child's care to others, delegate other responsibilities, such as cooking, cleaning, grocery shopping, and other household chores.



Take care of yourself

You can't pour from an empty cup. Make sure to take care of yourself so that you can take care of others. You can do so by practicing self-compassion, taking breaks, doing things that you love, socialising, eating well, exercising, and getting adequate sleep and rest.



Have realistic expectations

You are only human. Know, acknowledge, respect and work with your limitations. Have realistic expectations from yourself and be kind to yourself if you are not able to meet them.



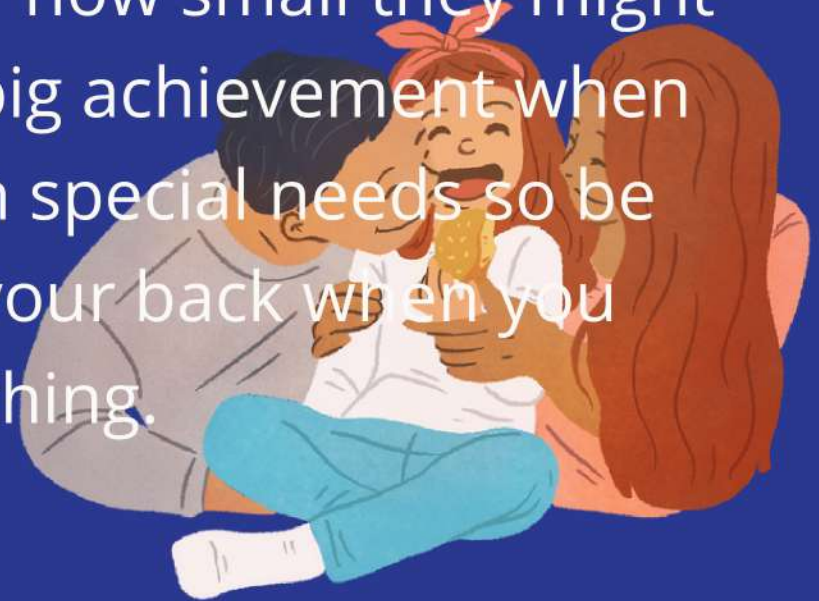
Set realistic goals

Taking care of a child with special needs is like running a marathon, not a sprint, so it's important to set realistic goals, not just for your child, but also for yourself. Be sure to pace yourself so that you are able to sustain yourself in the long run.



Celebrate the wins

Parenting a child with special need can feel like a never-ending series of battles with more losses than wins. That's why it's important to celebrate your child's and your wins, no matter how small they might seem. Every achievement is a big achievement when it comes to raising a child with special needs so be sure to pat your child's and your back when you achieve something.



Join support groups

Parenting a child with special needs can be a very lonely journey because no one in your life understands what it's like to be a parent to a child with special needs. Joining parent support groups is a great way to connect with others going through the same journey so that you don't feel alone anymore.





For more information and resources
or to join our parent support groups:

Call our **helpline** at **8448448996**

Visit our **website** at **www.nayi-disha.org**

Email us at **contactus@nayi-disha.org**