



**Power
Over
Parkinson's**

Care Partner Education

What is care partner burden?

Care partner burden is defined as “the strain or load borne by a person who cares for a chronically ill, disabled, or elderly family member; caregiver burden is related to the well-being of both the individual and the caregiver” (Lui et al., 2020, p.439). This burden can include physical, emotional, time restraints, and financial toll it can take on an individual who is caring for someone else. As a care partner it is important to allow time to take care of yourself and notice some of the signs of care partner burden which can include:

- Impacted or poor sleep patterns
- Becoming physically drained due to possible increase physical demand on body
 - Possible impacts on biomechanical structures if one is completing tasks with poor body mechanics
- Being more susceptible to colds or changes in weight
- Difficulty concentrating or completing tasks
- Withdrawal from friends, family, activities that were once enjoyed
- Changes in mood anxious, depressed, irritable, or feeling on edge

How to help prevent care partner burnout?

- Allow time for yourself
- Seek out assistance e.g., respite care
- Prioritize sleep, eating healthy, and physical exercise
- Allow for yourself to have alone time
- Set boundaries with yourself and others
- Care partner support groups
- Seek out resources from your provider for proper body mechanics or tips to make being a care partner more manageable

What is Respite Care?

Respite care is a program that is designed to provide short-term relief for care partner of an individual. Respite care services are typically covered by insurance companies and services can be offered in the home, in a healthcare facility, or at an adult day care center. The goal of respite care is to provide support to the caregiver and hopefully prevent caregiver burnout (National Institute of Aging, 2022).

The purpose of this handout is to serve as an accessible and general resource for individuals in the Richmond area with Parkinson's disease. Power Over Parkinson's is in no way affiliated with, sponsored, or endorsed by these vendors. Additionally, Power Over Parkinson's does not endorse any of these companies and this document is for general use only.



Power Over Parkinson's

Care Partner Resources and Support Groups:

Circle Center Adult Day Services Support Groups:

[Click Here for Circle Center Adult Day Services Support Groups Direct Link](#)

- Care Partner Spouse Support Group: 1st and 3rd Monday 3-430pm
- Parkinson's Group: 1st Tuesday 7pm-830pm
- Family Caregiver Group: Last Thursday of each month 430pm-6pm
- Phone Number: 804-355-5717 ext. 210
- Email: Jburkhardt@circlecenterva.org

U.S. Department of Veteran Affairs Respite Care Services:

- Offer in home or a facility respite care services for VA members
- Visit www.va.gov/geriatrics to find out if you qualify for services
- Goal is to provide temporary relief to primary care partners

Homewatch Caregivers Respite Care Services:

[Click Here for Homewatch CareGivers Direct Link](#)

- Phone: 804-352-6182
- Available 24 hours a day, 7 days a week
- Short- or long-term relief
- Assistance after release from hospital or rehabilitation center after injury or illness
- Can file claims with long-term care insurance or financial hardship assignment of benefits

Visiting Angels Living Assistance Respite Care Services

[Click Here for Visiting Angels Direct Link](#)

- Phone: 804-424-5510
- Serving communities in metro Richmond area including Richmond, Mechanicsville, Glen Allen, Short Pump, Henrico, and Hanover Counties
- Can aid individuals with everyday tasks such as meal prep, cleaning, hygiene, transportation to medical appointments etc.

Care Advantage, Inc.

[Click Here for Care Advantage Direct Link](#)

- Phone: 844-325-8656
- Provide services in Richmond and across Virginia
- Services range from companions, CNAs, PCAs, and skilled nursing
- In-home services and skilled care services

References:

Caregiver burnout; causes, Symptoms & Prevention. Cleveland Clinic. (2022). Retrieved June 2, 2022, from <https://my.clevelandclinic.org/health/diseases/9225-caregiver-burnout>
Liu, Z., Heffernan, C., & Tan, J. (2020). Caregiver burden: A concept analysis. International journal of nursing sciences, 7(4), 438-445. <https://doi.org/10.1016/j.ijnss.2020.07.012>
Rollins, M. (2022, February 9). Preventing caregiver burnout. OccupationalTherapy.com. Retrieved June 2, 2022, from <https://www.occupationaltherapy.com/articles/preventing-caregiver-burnout-5493>

U.S. Department of Health and Human Services. (2022). What is respite care? National Institute on Aging. Retrieved June 2, 2022, from <https://www.nia.nih.gov/health/what-respite-care>