

Caregiver Burnout: What It Is and Why It Happens, and How to Get Help



Caregivers are the unsung heroes of our communities by providing physical, emotional, and sometimes financial support to older adults or people with disabilities. Whether you're helping a parent manage medications, assisting a spouse with mobility, or coordinating services for a loved one, your care is invaluable.

But, caring for someone else can often come at the expense of your own well-being. That's why it's so important to recognize and address caregiver burnout--a very real, very common challenge that affects even the most dedicated caregivers.

If you're feeling overwhelmed, exhausted, or emotionally drained, you are not alone. The Senior Alliance is here to remind you that burnout is not a failure; it's a sign that it's time to seek support.

Take Action!

Contact Your U.S. Senators

Contact your U.S. senators to oppose provisions in the reconciliation bill that would negatively impact Medicaid and SNAP for older adults and adults with disabilities.

Advocacy ensures older Americans' needs are funded.

Meet our Star of the Month

Deb Burke

Deb is so mindful and reflective of the work and efforts of everyone around her, and she makes it a point to share those sentiments with them. She makes the time to share her excitement, gratitude, and compassion.

Now Available

MI Options Program

Navigating long-term care just got easier. The new MI Options program connects adults over 18 with trusted information and support--no income or asset limits required.

Contact our person-centered counseling for help understanding your options.

Inside The Senior Alliance Podcast

Mission of St. Joseph's Helpers

These services are offered for seniors, veterans, those with challenges or physical disabilities, and any others who need a helping hand. They also discuss how you can get involved, make donations, and even volunteer to help.

Services:

- Adult Day Services
- MI Choice Waiver Program
- Care Management
- Caregiver Support
- Nutritional Services and Home Delivered Meals
- Friendly Reassurance
- Long-term Care Ombudsman
- MMAP Assistance
- Information & Assistance
- Elder Abuse Prevention
- Outreach, Advocacy, and Education
- Transportation
- And Much More

We're so proud of our team! **Thank you!**



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