

GEOH'S TIPS ON HOW TO REDUCE CAREGIVER BURNOUT

*Everything you need to know to help
reduce caregiver burnout.*



G E O H . A P P



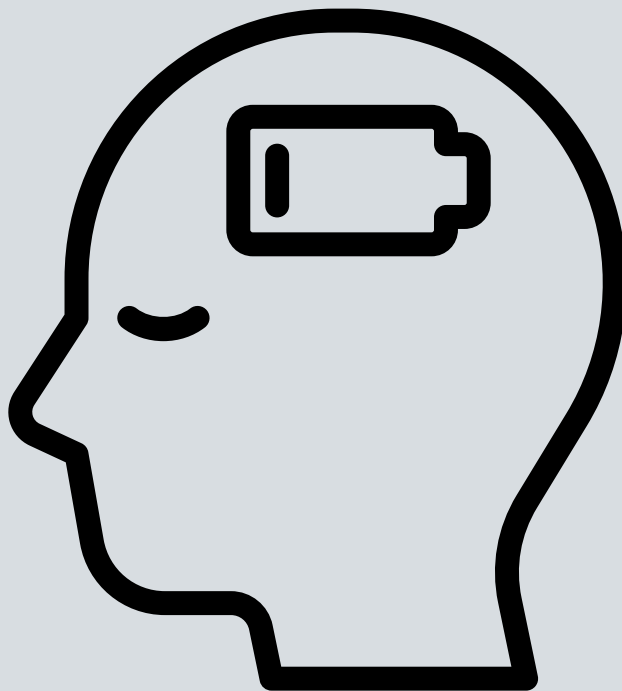
REDUCING BURNOUT GUIDE

Learn ways you can help your caregivers avoid or reduce burnout.

G E O H . A P P

WHAT IS CAREGIVER BURNOUT?

Caregiver burnout is complete exhaustion and stress from taking care of others.



CONTENTS

1
HAVE MENTORS FOR EACH CAREGIVER

2
SAY THANK YOU

3
HAVE A COMMUNITY FOR YOUR CAREGIVERS

4
CONTINUOUS PROFESSIONAL DEVELOPEMENT



1

CHAPTER

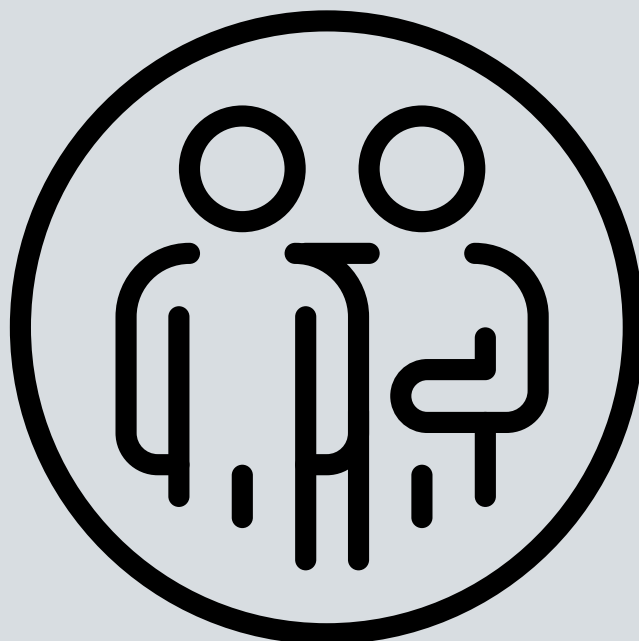
HAVE A MENTOR FOR
EACH CAREGIVER

GEOH.APP

MENTORSHIP CAN HELP!

One of the best ways to reduce caregiver burnout is by having a support system, and what could be better than having a mentor, preferably someone who had done this for a while?

Having a mentor gives the caregivers a sense of belonging.



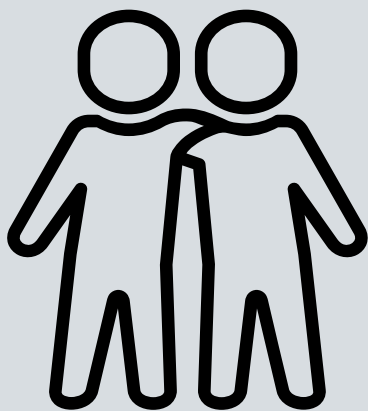
MENTORS CAN BE...



someone who could be their friend



someone who could check in with them regularly.



someone who can offer advice or a shoulder to lean on



2

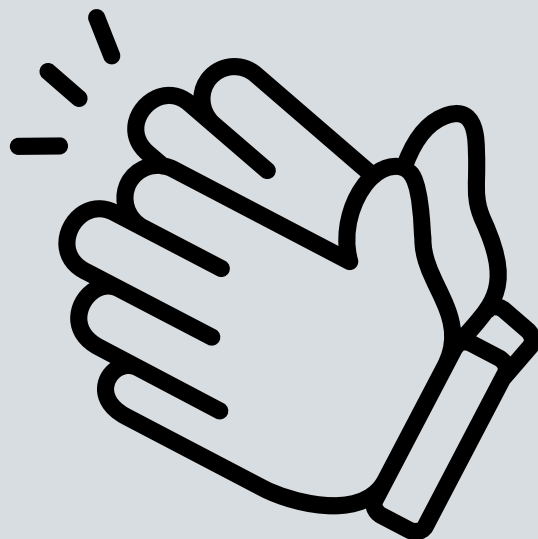
CHAPTER

SAY THANK YOU

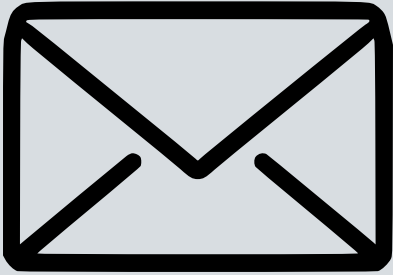
GEOH.APP

A LITTLE APPRECIATION GOES A LONG WAY.

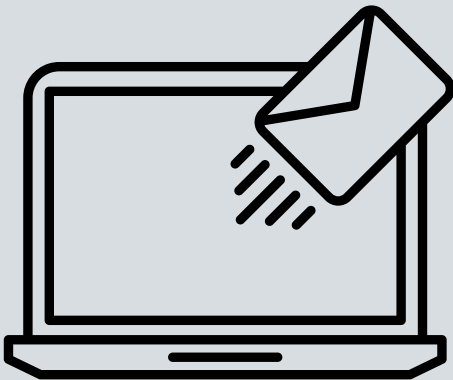
Acknowledge their efforts and
time to show them that they
are not only seen but
appreciated.



WAYS TO SAY THANK YOU!



Writing a thank you note!



Writing a thank you note
email!



Calling and telling them
thank you!



3

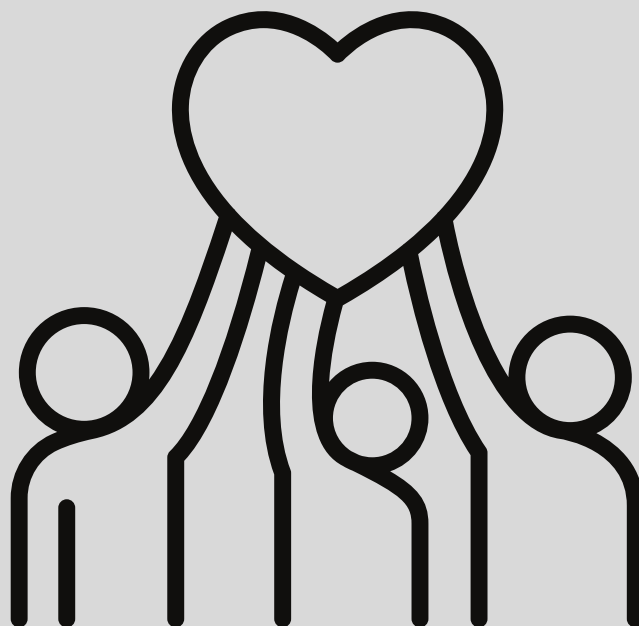
CHAPTER

CREATE A CAREGIVER COMMUNITY

GEOH.APP

CREATE A CAREGIVER GROUP!

No one likes to be alone.
Creating a group filled with
caregivers in your agency or
surrounding areas to allow
them to share experiences or
advice.



WAYS TO CREATE A CAREGIVER GROUP

Create a Facebook group!
Having a local or agency-wide Facebook group will allow your caregivers to have an outlet to feel connected.





4

CHAPTER

CONTINUOUS PROFESSIONAL DEVELOPMENT

G E O H . A P P

CONTINUING TRAINING

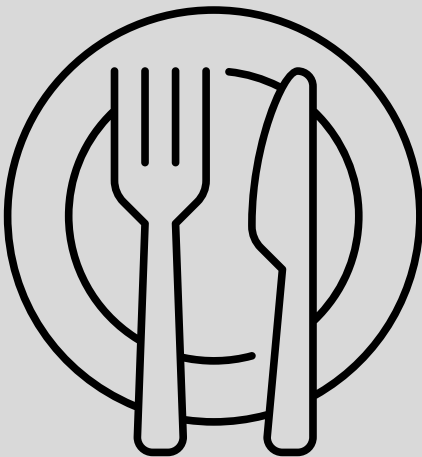
Ongoing or additional training could also be an effective way of reducing caregiver burnout, which could be relatively inexpensive if done online or by bringing in specialists to train the team. This training could teach them coping strategies, on how they could self-care and manage their stress and anxiety levels.



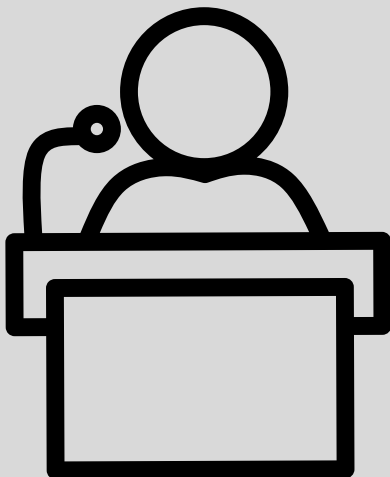
FUN EVENTS TO HELP REDUCE BURNOUT



Self-Care nights where you have a make-up artist come show them self-care tips



Creating a dinner evening for your caregivers for holidays or appreciation dinners.



Have a counselor or mental health professional come to speak to your caregivers on how to manage stress.

We hope you find these tips
and printables helpful for
running your agency! We have
hope that great things are in
store for your agency, and if
you ever need help remember
we here at GEOH are here for
you!

- The GEOH team



**"There is nothing impossible
to they who will try.**

Alexander the Great



YOU CAN DO THIS!

Questions? Ask us here: (317) 455-3218

Q U E S T I O N S ?

[G E O H . A P P](https://www.geoh.app)