

# “ I can’t take this ANYMORE! ”

## What is caregiver burnout and why should you care?

When faced with a prolonged illness or disability, many people require additional support from family members while receiving professional care at home. This additional mental, emotional and physical strain is often overlooked and can be detrimental to both the caregiver and the patient.

Frequently, these family caregivers experience burnout – meaning a state of emotional, physical or mental exhaustion – due to caring for their family

member. In this state, caregivers may lose their resolve and resign their family member’s care to professionals at a nursing home or hospital just to finally receive relief from their caregiving duties. This can result in additional straining of familial relationships and the unplanned financial toll of having to receive care at a professional facility.

**Identity Discrepancy is the root cause of caregiver burnout, not caregiving itself**

Family Member | Caregiver



“Am I her daughter or her Caregiver?”



## Did you know?



**57%**

of caregivers report high levels of stress, anxiety, and/or depression<sup>1</sup>



**40 Million**

Reported family caregivers in the past 5 years<sup>2</sup>



**85%**

of family caregivers do not receive any respite care<sup>3</sup>

(1) <https://www.aplaceformom.com/caregiver-resources/articles/caregiver-burnout-statistics>  
 (2) <https://www.seniorliving.org/nursing-homes/costs/>  
 (3) <https://aginginplace.org/caregiver-burnout/> (Rev. 11/24)

## Who is a Caregiver?

Caregivers may be a family member, close friend, or a neighbor, who provides regular care to you in your home. For purposes of this program, it does not include a professional caregiver or home health care provider.

## Who is TCARE?

TCARE enables family caregivers to focus on what matters most: taking care of themselves while caring for their loved ones.

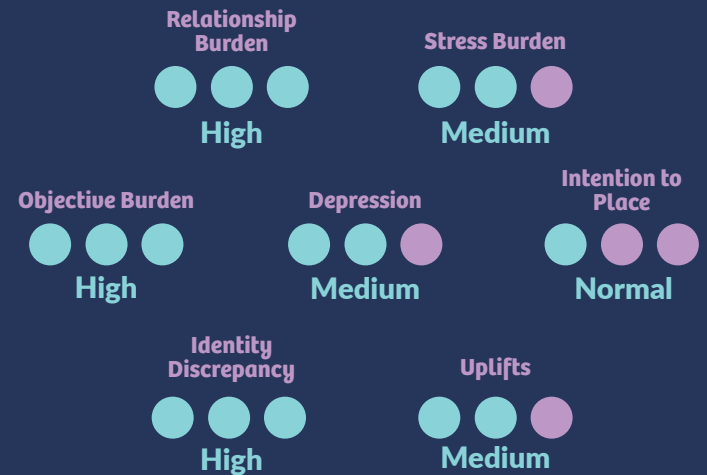
With tailored action plans, tech-enabled insights, comprehensive resources, and family care protection products, TCARE is here to help families navigate their caregiving journey.



## How does TCARE's caregiver assessment tool help identify and prevent burnout?

After registering for and completing TCARE's caregiver burnout assessment tool, TCARE will provide a plan of care detailing your family caregiver's risk factors for burnout and action plans on how to prevent it from happening.

To the right is an example on how the assessment tool breaks down risk factors:



TCARE connects your family caregiver with many types of resources to help support them including:



## Experience You Can Trust

Guarantee Trust Life Insurance Company's (GTL's) Short-Term Home Health Care Insurance was designed to not only help you recover in the comfort of your own home but also to support your family caregivers helping you during your recovery.

1275 Milwaukee Avenue, Glenview, IL 60025 | [www.gtlic.com](http://www.gtlic.com) | 800-338-7452

Short-term home health care insurance, is issued on Policy Form Series G2370 and Rider Form Series RG23CG, RG16ASH, RG15RPDL, RG15CA, RG16ASB, RG12DV by Guarantee Trust Life Insurance Company, Glenview, IL. This product, its features, and riders are subject to state availability and variability. The policy has exclusions, limitations, reductions of benefits and terms under which the Policy may be continued in force or discontinued.