

Sorenson Center for Clinical Excellence Therapists are Hosting a Caregiver Burnout Seminar to Discuss Challenges and Empower Cache Valley's Caregivers in Time for the Holidays

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Caregivers often suffer from burnout during the holiday season.

According to research done by The National Alliance for Caregiving (NAC) and AARP, approximately 36% of caregivers expressed emotional stress due to being a caregiver. 23% of caregivers also reported that caring for their own physical and mental health was more difficult due to being a caregiver.

To combat caregiver emotional stress, Dallas Spencer, LCSW, and his intern, Nicole Steineke, are hosting a free, in-person Caregiver Burnout Seminar in Room 209 of the Sorenson Center at 7pm on Wednesday, December 13th. It is open to the public.

Nicole Steineke, an intern in the master of social work program at Utah State University, has seen caregiver burnout firsthand while working as a social worker at Maple Springs Senior Living in North Logan where she assists families of those with loved ones who have Alzheimer's and Dementia.

"There are so many caregivers of all kinds throughout our Valley, and just seeing a small fraction of them and the

one's that specifically are caregiving for someone with memory concerns, you see how much it takes a toll on them," says Steineke. "I know all caregivers across Cache Valley are feeling the same burnout and stress."

Steineke also expressed concern for caregivers during the Holiday season. "Holidays can often be a source of added stress for caregivers. Usually there is more to do and more to prepare for, while also trying to balance their usual routine with lots of family time and activities."



Dallas Spencer, LCSW with the SCCE will lead a seminar providing mental health skills for caregivers.

Steineke and Spencer want to help caregivers go into this Holiday season feeling more prepared and supported.

The overall goal of this seminar is to increase understanding of caregiver burnout and its symptoms, and to provide support and education on how to lessen burnout through self-care and community," Spencer explains. "We are hoping people leave with a self-care plan and a new friend or two." Each person who attends the seminar will be invited to evaluate their level of burnout, talk with each other about ways to practice self-care, and create individual plans.

Ultimately this is just the start of the services Steineke and Spencer are hoping to provide to people who are caregivers. Following the seminar, they are planning to gather more insight into the level of interest and what additional support would be useful to the Cache Valley Community.

For more information on the Caregiver Burnout Seminar, please visit the [website](#). The Sorenson Center parking lot will be open to the public after 5:00pm.