


# Caregiving & Self-Care

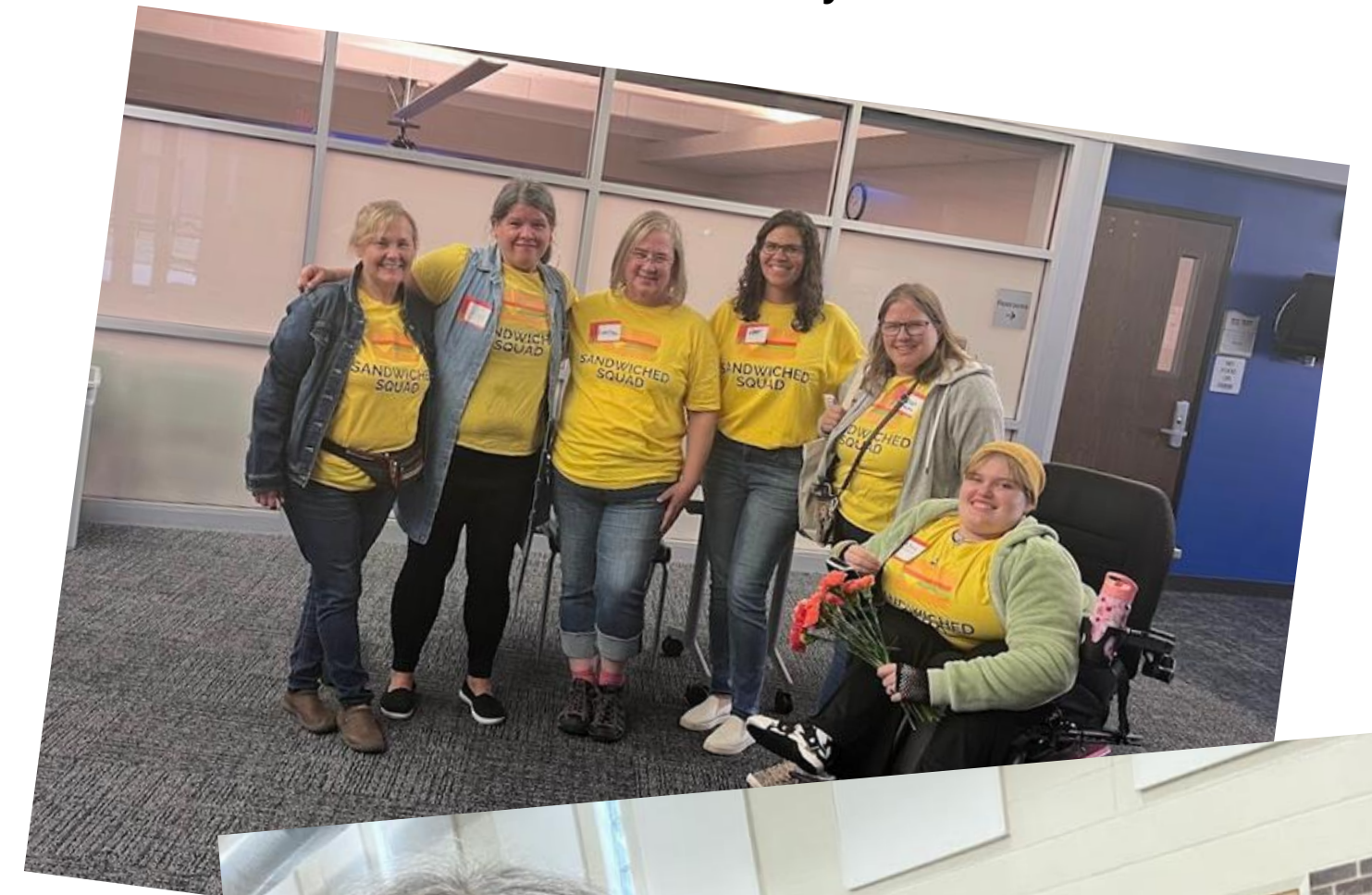
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 [sandwichedkc.com](http://sandwichedkc.com)

# Who We Are

- Local community supporting anyone helping a loved one.
- Virtual support groups, events, and shared resources.
- A place to connect, learn, and breathe.





# Impact of Caregiving on Health

# Your Mental Health Takes a Hit

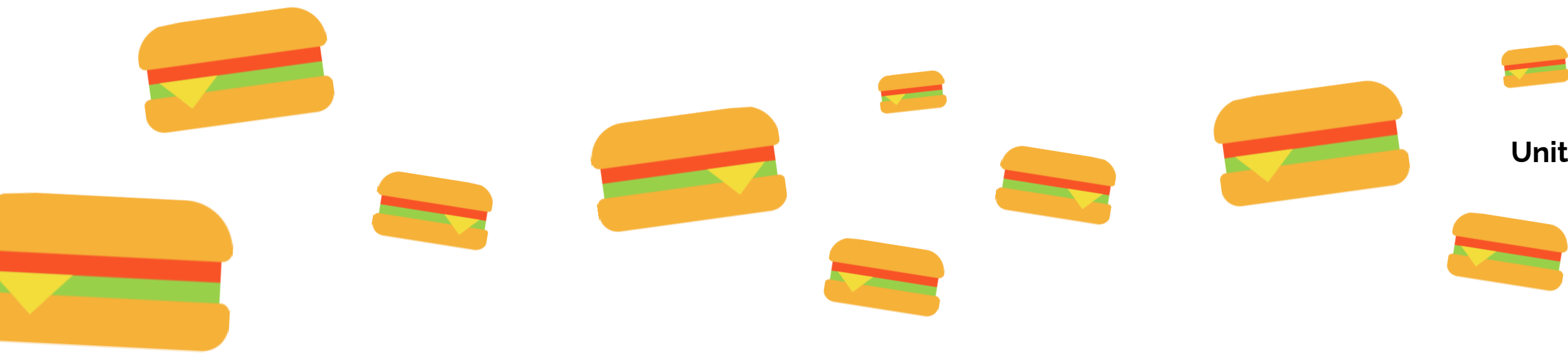
- Caregivers experience significantly higher rates of depression and anxiety than people who aren't caregiving
- Nearly half of caregivers for someone with a brain-related illness show signs of clinical depression
- And for many caregivers, those feelings don't go away when the caregiving ends... grief and guilt can linger long after

# Your Body Feels it, Too

- Caregivers get sick more often... their immune systems are literally more run down than their peers
- High blood pressure, heart disease, and slower physical recovery are all more common in caregivers
- The longer someone provides care, the worse it tends to get: after five or more years, caregivers are significantly more likely to rate their own health as poor

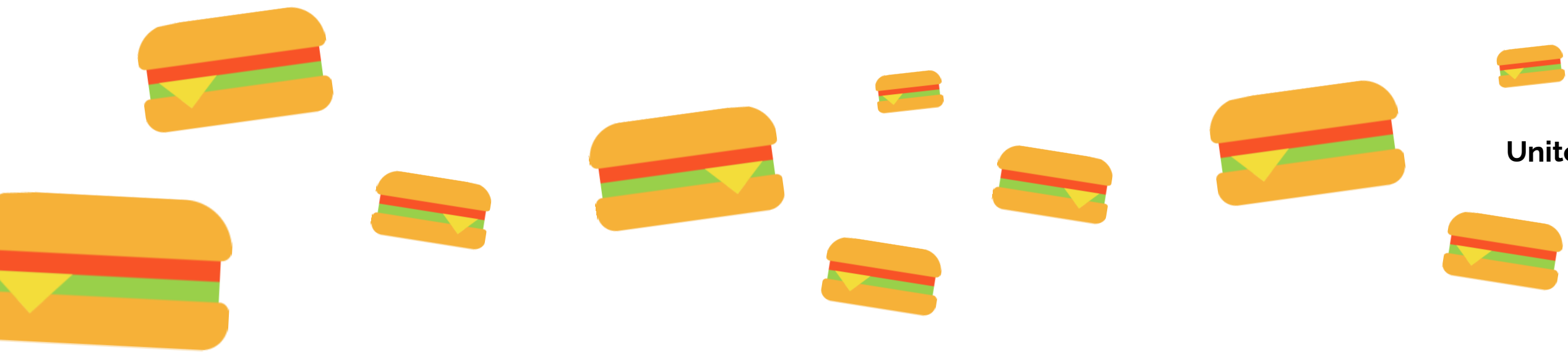
# Caring for Someone with Dementia?

- 59% of caregivers have at least one risk factor that increases their own chances of developing dementia over time. 24% have two or more risk factors.
- Dementia caregivers were more likely to report five risk factors associated with unhealthy brain aging.
  - Smoking (30% more likely)
  - High blood pressure (27%)
  - Poor sleep (21%)
  - Diabetes (12%)
  - Obesity (8%)



# You Stop Taking Care of Yourself

- Caregivers are less likely to keep up with their own preventative health care
- More than one in five female caregivers skipped or delayed mammograms because of caregiving demands
- Some caregivers even lose their health insurance because they've had to cut back or leave work entirely



# The Bottom line

Caregivers who are not well cannot effectively look after chronically sick loved ones — which means taking care of yourself is not selfish. It is a medical necessity.

# Recognizing When You're Running on Empty

PHYSICAL  
ILLNESS



CHRONIC  
FATIGUE



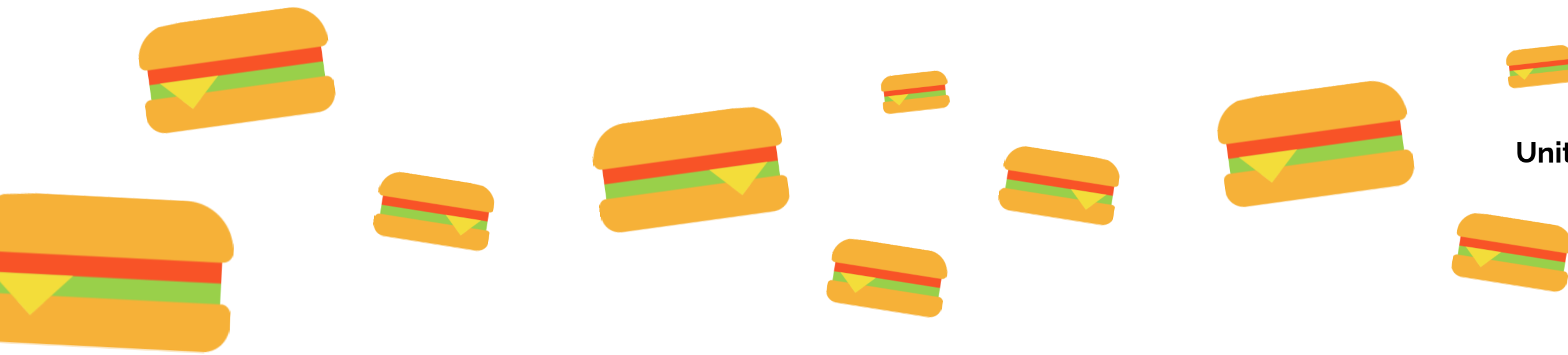
SHORT  
TEMPERED



FEELING  
HOPELESS

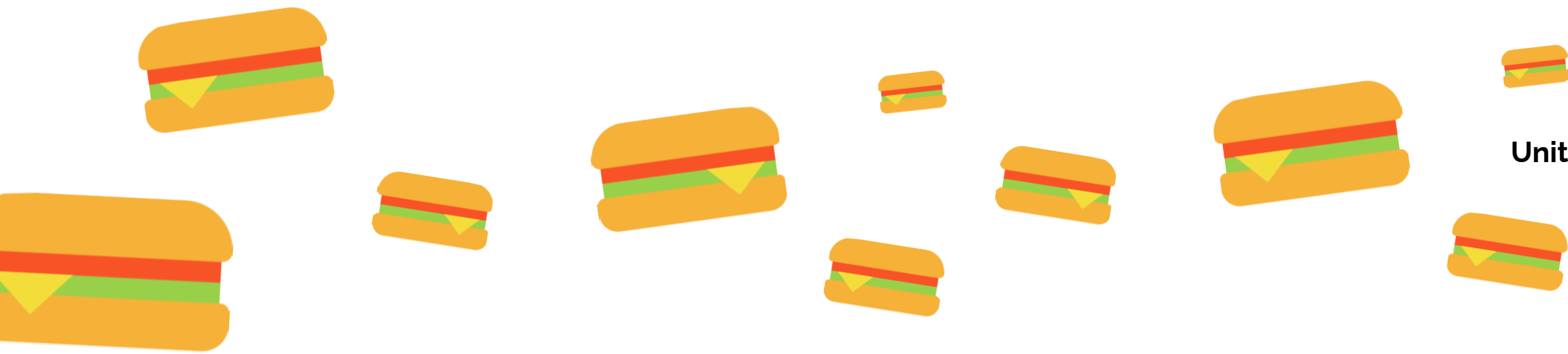


# The 5 Domains of Caregiver Self Care



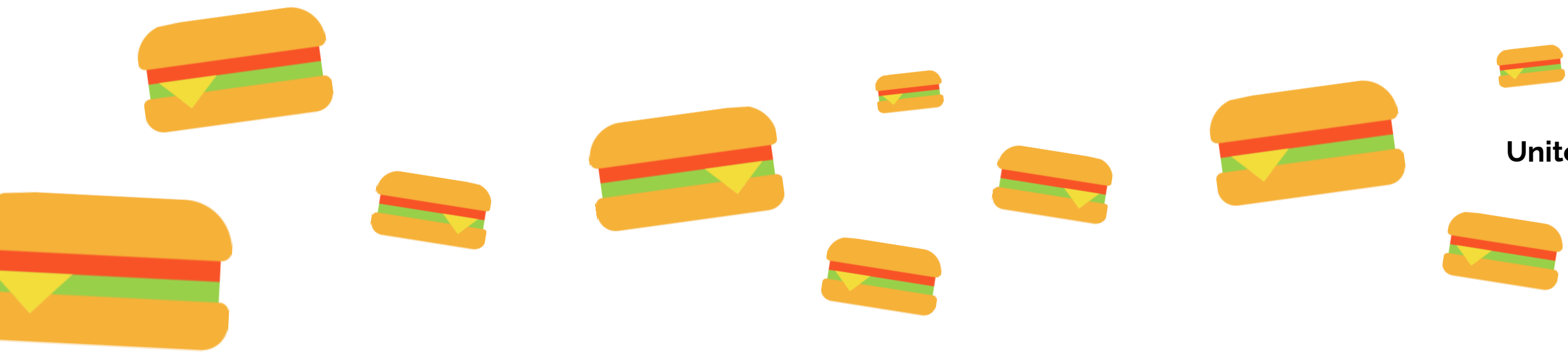
# Physical

- Protect your own medical appointments. Put them on the calendar like you would theirs
- Move your body for 10 minutes daily, even just a walk around the block
- Sleep hygiene basics: ask for help so you can sleep



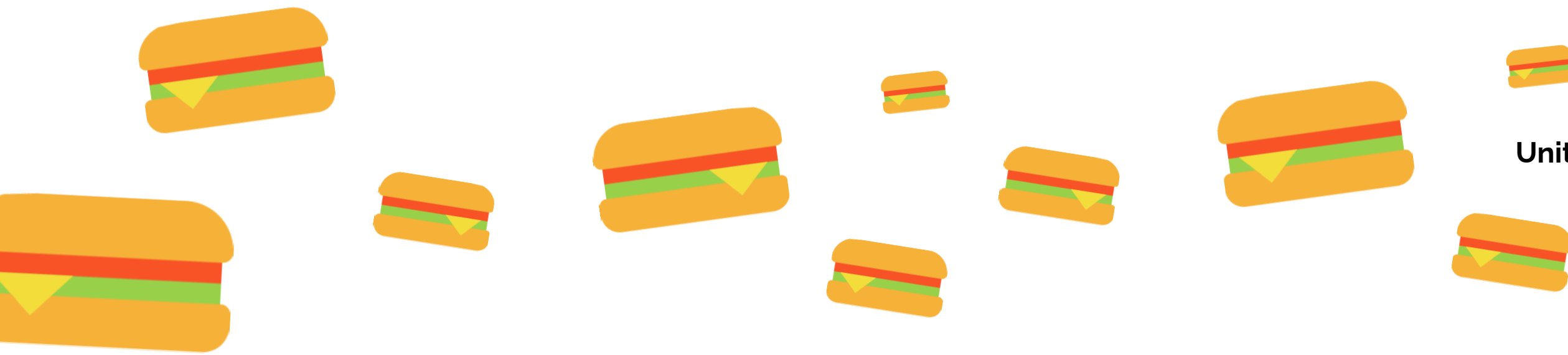
# Emotional

- Name it to tame it: journaling, talking to a trusted friend, or a mental health professional
- Give yourself permission to feel frustrated, sad, or resentful... without guilt
- Grief is part of caregiving; acknowledge the losses along the way



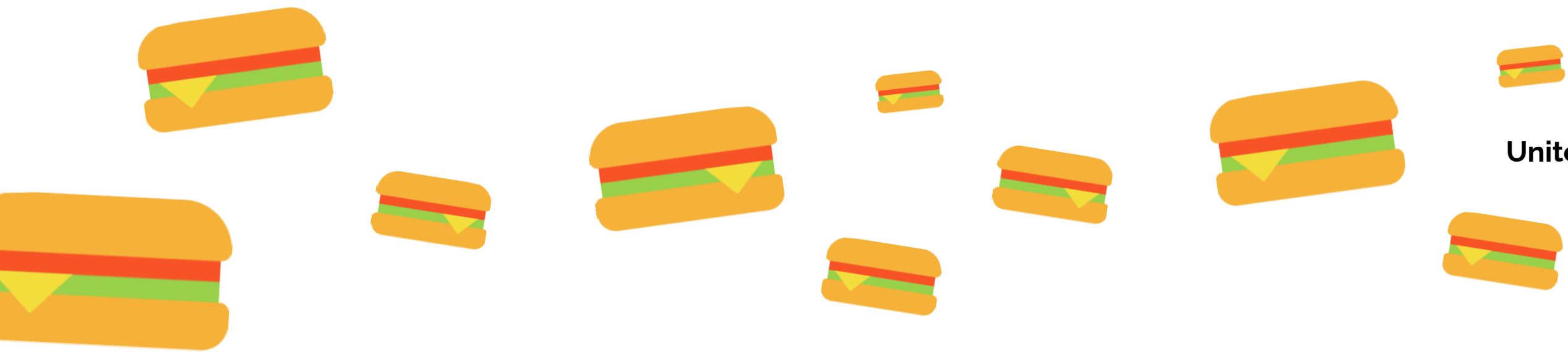
# Social

- Resist the urge to disappear... isolation accelerates burnout
- Say yes to one social invitation per week, even briefly
- Let people help: create a simple list of tasks others can do



# Practical

- Learn about respite options... even a few hours matters
- Get organized: documents, care plans, medication lists  
reduce daily stress
- Ask for help before the crisis hits, not after



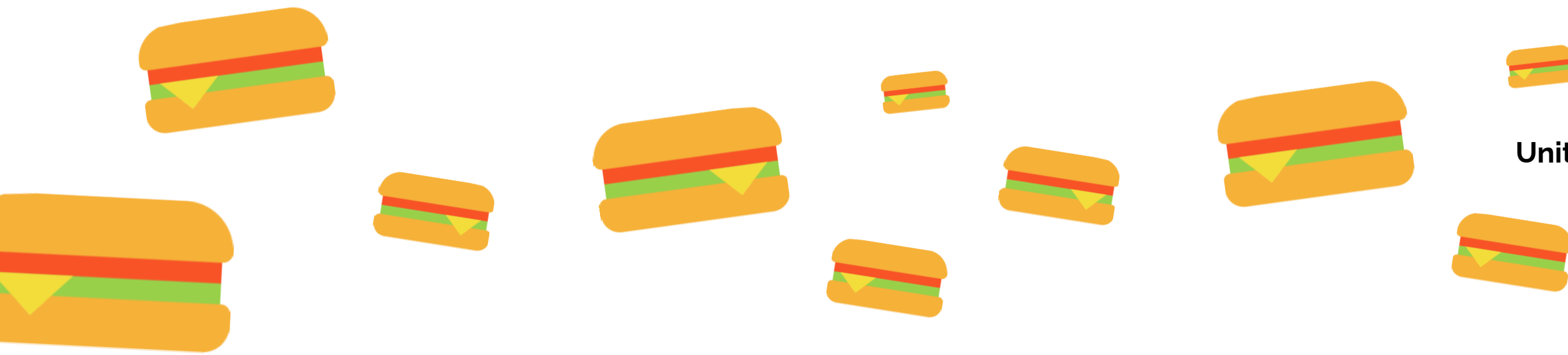
# Spiritual

- Lean into your faith community... this room is a resource
- Bring your honest prayers, including lament
- Scripture anchor: "Come to me, all who are weary and burdened, and I will give you rest." (Matthew 11:28)



**SCAN HERE FOR  
MORE BIBLE VERSES**

# Micro Self Care



# Small Shifts, Big Impact

- 5-minute reset: deep breathing, stepping outside, a cup of tea in silence
- The power of a hard stop: designate one hour per week as yours
- Celebrate small wins; keep a gratitude note on the fridge
- Say one kind thing to yourself today that you'd say to a friend in your shoes
- "Self care doesn't have to be a spa day. It can be five minutes of quiet and a glass of water."



I can do  
**ANYTHING,**  
but I can't do  
**EVERYTHING!**

-AMY GOYER, AARP FAMILY CAREGIVING EXPERT

You don't have to carry your load alone.



# How Sandwiched Can Support You

- Free 1:1 support, support groups, and workshops
- Caregiver Respite Fund: small vouchers to help you take a real break
- Annual Conference and additional educational offerings



**SCAN TO GO TO  
OUR WEBSITE**

# SAVE THE DATE

**SANDWICHED**  
family caregivers  
of  
KANSAS CITY

PROUDLY PRESENTS

# THE HEARTLAND CAREGIVING CONFERENCE

SATURDAY, NOVEMBER 7, 2026  
NKC HEALTH

*\*Just like life, time and activities subject to change*



# Thank You

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