



Prairie View

For Immediate Release

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Caregiving is Honorable Yet Risky Profession

Newton, Kan. – Caregivers of older adults are given the resources to thrive and stay healthy through Prairie View’s Caregiver Services, offering counseling, consultation, support, training and encouragement.

“The goal is to help people manage stressors of caregiving and to recognize the importance of self-care, and also experience the blessings of caregiving,” said Joan Brubacher, LSCSW.

A 2009 United States statistic says that over 50 million people have provided care for a family member or a friend in the past year. A caregiver is a person who provides care to another person close or from long distance through direct services, phone calls, checkups and taking the time to get to know another person’s life.

“Caregiving is an honorable profession but it’s a risky profession as well,” said Brubacher.

Providing care for others and focusing on another person’s needs can be stressful on the caregiver. Over 60 percent of caregivers die before their care receiver.

Some estimates suggest that the symptoms of emotional distress such as anger, frustration and anxiety are reported by over 85 percent of caregivers. Fifty percent of nursing home admissions occur due to a change in the caregiver’s health.

Prairie View encourages caregivers to become proactive and remain healthy by attaining knowledge and using the team approach instead of trying to handle the stress alone.

“The reason why I finally went [to a caregiver support group] was because [caregiving] was beginning to wear on me and I needed to somehow handle the stress,” said Gene Quint, caregiver of seven years and a Prairie View caregiver support group member.

Caregiver services available at Prairie View range from counseling and consultation, which includes phone consults, to attending a support group where people gather with others struggling with the same stressors to talk it out and learn how to cope. Prairie View also offers informative videos, flyers and manuals in caregiving training.

“The caregiver support group’s purpose is to help caregivers realize that they have to remember themselves and that in order to be healthy, they need to continue to live their lives as well as take care of their care receiver,” said Brubacher. “The benefit of being with others in this situation is that you can give and receive ideas and support.”

Evaluation results from support group members validate the usefulness of knowing that there are other caregivers dealing with similar issues. Having support of other caregivers helps give insight to their own needs as well as helpful strategies for dealing with the care receiver’s needs.

“I would recommend going to the support groups to anyone who is caregiving,” said Quint. “You hear all kinds of different stories from other people struggling with the same issues. I think that a person can get something out of all of it.”

The program, funded in part by the Kansas Department on Aging and administered by the Central Plains Area Agency on Aging and South Central Kansas Area Agency On Aging, is a free service offered to any caregiver of an adult 60 years of age or older.

The services are offered in Butler, Harvey, Sedgwick and McPherson counties monthly with one session at night and one session during the day. They are also offered eight times a year in Harper County and three times a year in Kingman County.

“People can receive a lot of blessings from being a caregiver, if you remember to also take care of yourself,” said Brubacher.

To learn more information concerning the Caregiver Services offered by Prairie View, contact Brubacher at 316-284-6400.

Prairie View is a faith-based, private behavioral and mental health services provider, offering a complete range of behavioral and psychiatric services for children, adolescents, adults and older adults, as well as consultation services to businesses and organizations. In addition to the main campus, including outpatient offices and a psychiatric hospital in Newton, Prairie View has outpatient locations in Hillsboro, Hutchinson, McPherson and Wichita.