

Table 20-2: Factors Contributing to Caregiver Burnout

Individual	Situational
<ul style="list-style-type: none"> • Age (younger caregivers more subject to burnout) 	<ul style="list-style-type: none"> • Role ambiguity (i.e., lack of clarity about what the caregiver is supposed to do)
<ul style="list-style-type: none"> • High expectations of oneself and others 	<ul style="list-style-type: none"> • Conflict between role demands
<ul style="list-style-type: none"> • High levels of commitment, dedication, and idealism 	<ul style="list-style-type: none"> • Work overload
<ul style="list-style-type: none"> • The need to work hard 	<ul style="list-style-type: none"> • Job tension
<ul style="list-style-type: none"> • The need to prove oneself 	<ul style="list-style-type: none"> • Interpersonal conflict (with care recipient, family members, colleagues, or supervisors)
<ul style="list-style-type: none"> • Strong goal orientation 	<ul style="list-style-type: none"> • Inadequate preparation for caregiving
<ul style="list-style-type: none"> • Difficulty saying no 	<ul style="list-style-type: none"> • Insufficient resources to meet the demands of caregiving
<ul style="list-style-type: none"> • Difficulty delegating responsibility to others 	<ul style="list-style-type: none"> • Inadequate social support
<ul style="list-style-type: none"> • Propensity toward self-sacrifice 	<ul style="list-style-type: none"> • Lack of recognition for the caregiving functions performed
<ul style="list-style-type: none"> • Tendency to be a “giver” rather than a “receiver” 	<ul style="list-style-type: none"> • Workplace-related factors (e.g., unrealistic work targets, lack of decision-making autonomy, inadequate referral arrangements)

Sources: References 25, 35, 48, 49.

Sources: References 28, 47, 49 – 51.