

Caregivers are burned out

Editor:

Here I am, again, very, very concerned with conditions at the Swift Current Care Centre. It has nothing to do with the building or its temperature, but rather with the difficult conditions under which our caregivers work. Since I don't

know on whose shoulder to cry or who will listen, I've chosen to go public and make you aware of the problems. I am speaking for the residents who need the care and pay dearly for it and for the Caregivers who care about our well-being but are too ex-

hausted to meet everyone's needs. They are short-staffed and burned out. They can only stretch themselves so far or their health will give out, too.

It's difficult and time consuming to wash and dress the average resident and use the lift to move him or her either to the commode and/or the wheel chair and get him/her to breakfast in time. Some times, the caregivers are called away by other patients for attention which means the patient being cared for has to

wait until they return. At night the caregivers reverse the procedure and get the residents undressed and back to bed and comfortable. In between breakfast and bedtime, there is help with feeding for those who can't feed themselves, taking them to the church services or activity room if they are not able to get there on their own and attending to all their different needs during the day. We need to mention, as well, that of the 68 residents at the Centre, many of them,

through no fault of their own, suffer from dementia. This complicates a serious situation even more.

I'd like to challenge the persons in charge of staffing to team with a caregiver and work with her throughout one entire shift, or better yet several shifts, to really see and understand what she has to get done and the various situations with which she has to cope during her working hours. Perhaps, then, you will understand why we need more staff. It breaks my heart to see

how tired the girls are. Too often they not only work their own shift but also cover when another can't be there.

Fewer and fewer people are signing up to be caregivers. If something is not done to alleviate this stress and encourage people to become part of the care giver work force, who is going to look after you or your loved ones if you require the services of a care home?

Martha Wymer, resident of the Swift Current Care Centre, Swift Current