

**Kelli Rea**  
SATURDAY  
January 25, 2025

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### **Caring for the Caregiver**

As caregivers we endure a great deal of stress – often times greater than our non-caregiver counterparts. We spend much of our time making sure others are safe, secure, healthy, and content – even after our typical counterparts have been relieved of these duties. Our loved ones with extra needs require us to take care of their needs, or at least some of their needs, longer than what is typically expected. As parents, grandparents, guardians, educators, paraprofessionals, etc., we often find it difficult to find time or energy to care for ourselves, leading to caregiver burnout. The questions I aim to answer are, how do we prevent burn out, or relieve current burn out? How can we care for the caregiver?

Kelli was a former accountant and stay at home mom who found her "what I want to be when I grow up" later in life. With the help and encouragement of family, friends and mentors, she went back to school and earned a master's in clinical psychology from Antioch University in 2022. She is now actively pursuing my licensure as an Associate Marriage and Family Therapist. She has over 4 years of experience working with individuals with varying mental health issues, and with various degrees of functioning. Her experience thus far has been working with individuals and groups at the residential, partial hospitalization, and intensive outpatient levels of care, as well as individuals in private practice.

As a mother of a child with ADHD and learning differences, and another child with Down syndrome and anxiety, she is particularly interested in the unique mental health issues that arise in persons with I/DD and neurodivergence.

