



The Hidden Signs of Compassion Fatigue & 4 Steps on How to Prevent it.

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Compassion Fatigue is a gradual lessening of compassion over time.

Burnout is an inefficacy – Not able to produce the desired effects as a caregiver & feeling overwhelmed.

Secondary Trauma an exposure to an event due to a relationship with the primary person.
(Not a direct event involving you)

Signs & Symptoms of Compassion Fatigue

Physical	Behavioural	Emotional
<ul style="list-style-type: none">• Exhaustion• Insomnia• Headaches• Increased susceptibility to illness• Hypochondria	<ul style="list-style-type: none">• Inability to care for or nurture people• Increased use of alcohol & drugs• Absenteeism• Anger & irritability• Avoidance of clients• Problems in personal relationships• Decrease in quality of client/resident care	<ul style="list-style-type: none">• Emotional exhaustion• Negative self image• Feeling Depressed• Anxiety• Sadness; loss of hope• Guilt• Decreased ability to feel sympathy/empathy• Dread of working with certain clients• Resentment• Helplessness



Steps to Prevent Caregiver Fatigue

Step 1: Educate Yourself!

- Learn all you can to help yourself stay resilient!
- Learn about the conditions of your clients/residents (i.e. Dementia)
- Learn helpful techniques on how you approach clients and how to stay safe and keep everyone at peace

Step 2: Improve Self-Awareness

- Check in with yourself regularly
- Understand yourself when stressed & relaxed
- Understand your triggers & limitations
Learn how to ground yourself when needed
- Take breaks (time off, me-time, downtime, breathing, meditation, exercise, yoga, playtime)

Step 3: Set Boundaries!

- Learn how to manage your external boundaries (Boundaries on hours you work, caseload if possible, agency/supervisor/client expectations)
- Learn how to manage your internal boundaries
- Get clarity & challenge boundary situations (If you are experiencing guilt for not meeting everyone's expectations – talk about it!)

Step 4: Improve Skills & Supports

- Learn skills to continue to keep yourself healthy (mind/body/spirit)
- Get support from doctors, counselors, managers, co-workers, CDCP™ community
Seek support from family/friends/church
- Keep your skills relevant by practicing emerging best practices (i.e. Person-Centred dementia care techniques to reduce your stress)

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Stay in touch! E-mail: Info@DementiaSolutions.ca www.DementiaSolutions.ca

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