



Carol Taylor LCSW



Theresa Robinett

Our Professional Support Team!



Scott Veatch



Dani Mandelstam-Guerttman

MISSION

We are a community of experienced professionals who partner with caregivers to provide confidential education and support free of cost to those whose loved ones are living with dementia.



VISION

Our vision is to create a vibrant, active community that touches every caregiver in Wyoming in order to harness personal strengths and local resources to ultimately provide the best care possible for those living with dementia.



Welcome !

Wyoming Center on Aging
Facilitator: Sabine Schenck, M.S.
Technical Support: Jenny Wolf

The goal of today's session is to provide you with education on what it means to experience compassion fatigue. We will discuss signs and symptoms and will provide you with some ideas on how to practice good self-care.



Sabine Schenck



Jenny Wolf

Caring for SELF while Caring for Your Loved One



Carol Taylor, LCSW
Scott Veatch
May 4th, 2022

Today's Speaker



Scott Veatch, Spousal Caregiver



Carol Taylor, LCSW,
Elder Care Advisors



Today's Agenda

1

Welcome and Introductions

2

Presentation:

Compassion Fatigue and Self-Care

3

Discussion: Questions, Thoughts and Reflections. What is your self-care plan?

4

Thank you



- fill your own cup
- put your oxygen mask on before helping others
- take time out
- set firm boundaries
- develop a daily routine

- if you don't take care of yourself, you cannot take care of others
- pace your day
- ask for help
- learn better time management
- meditate and pray
- do yoga
- take a walk every day
- prioritize and re-prioritize
- practice delegating
- assess available resources
- **... and on and on and on!**

- endless suggestions
- coaching
- advice giving
- shoulds/woulds/coulds
- and a few "If I were you(s)" thrown in now and again
- **WHEW!!**





And what are we to do with these well-intended and generally sincere suggestions?

Ideas and recommendations meant to support and help us.

So now what ---

We have personal experience, self knowledge, information education, countless coaches, and cheerleaders complete with feeling pressure to care for ourselves. Just one more thing to do -



What Keeps Us from caring for ourselves?

CAPACITY

MOTIVATION

OPPORTUNITY





- **Identify what your self-care looks like**
 - **Imagine weaving self-care into your current daily rhythm**
 - **Creating mindful moments of respite**
 - **Pink index card**

Pearls of Wisdom by Marilyn Gryte, RN

Never give blood when you are anemic

Never give all your blood



Compassion Fatigue

The Cost of Caring

Compassion fatigue is often associated with

- **burnout**
- **secondary trauma**
- **PTSD**
- **chronic stress syndrome**
- **vicarious trauma**
- **other psychological disorders/conditions**



Compassion fatigue (CF) was initially diagnosed 20+ years ago in health care professionals. It is a condition resulting from witnessing the suffering of others. Symptoms can include:

- **feeling stressed**
- **being hypervigilant**
- **sleeping and eating disturbances**
- **changes in mood and temperament**
- **depression**
- **being overly sensitive**



We know that family care partners can suffer from compassion fatigue (CF). Seeing a loved deteriorate, loss of who they were and who you both were together, anticipated grief, the "36-hour-day" scenario, loss of interest in friends or activities, social isolation, increasing care needs are all significant factors in experiencing CF. And it is generally, not recognized by oneself, medical staff or family members.



Burnout

What it is, what it isn't

Many use the term "burnout" to describe what is compassion fatigue.

Burnout generally occurs in work settings when you feel underpaid, always working short-staffed, difficult supervisor, mounting work assignments lack of resources, etc.

There may be emotional and psychological distress though it is often about the "system", non-supportive work environment, etc.



The Aftermath





EXHAUSTION

CONFUSION

Roller Coaster of Emotions

ANGER

DEPRESSION

GUILT

FEAR

HOPELESSNESS



SADNESS



Wyoming Center
on Aging



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Addressing Compassion Fatigue

- **Maintain care support practices for yourself**
- **Commit to compassionate care for you**
- **Review above suggestions and ideas**
- **Study your pink index card !!**

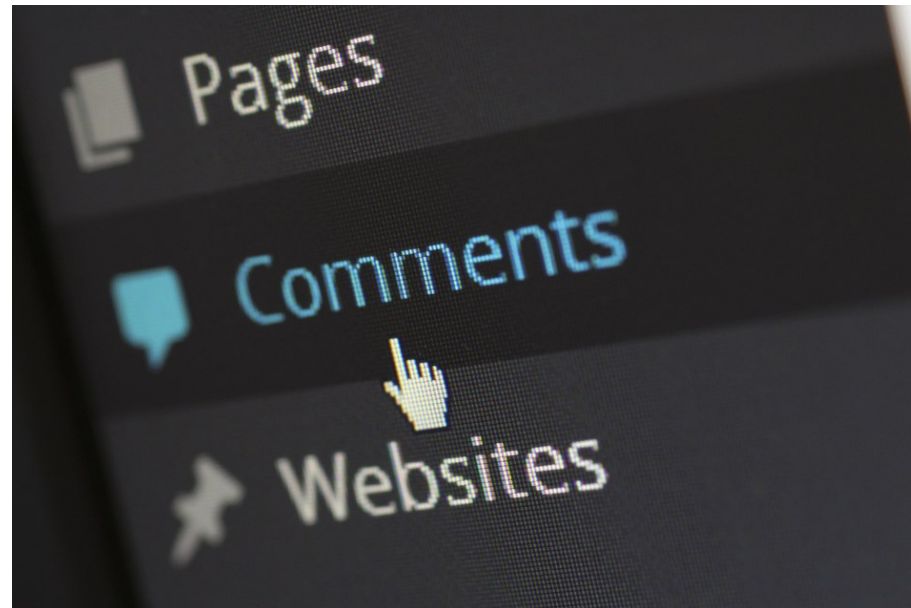


And now what ?

YOUR CARE PLAN



Did we address everything you wanted to learn today?



Resources

- **Wyoming Center on Aging**
 - [WyCOA | Wyoming Dementia Together \(uwyo.edu\)](#)
 - [Dementia Support Services \(uwyo.edu\)](#)
 - [WyCOA | Rocky Mountain Alzheimer's Summit \(uwyo.edu\)](#)
 - [Wyoming Center on Aging | Dementia Resources Guides \(uwyo.edu\)](#)
- **Alzheimer's Association**
 - **24/7 Helpline 1-800-272-3900**
 - [Alzheimer's Association | Alzheimer's Disease & Dementia Help](#)

Resources

- **Alzheimer's Foundation of America**
 - <https://alzfdn.org/>
- **AARP**
 - [AARP Resources for Caregivers and their Families](#)
 - [The AARP Guide and Resource for Caregiving at Home](#)
 - [AARP Care Guide: Caregivers Helping those with Dementia](#)



If you found today's session useful,
consider inviting a friend or family member to our next session on
June 1st, 2022.

Cognitive Engagement and Screening Tools with Theresa Robinett, OT

Contact information
Wyoming Center on Aging
Jenny or Sabine: (307) 766-2829
wycoa@uwyo.edu
www.uwyo.edu/wycoa

WDT – ONCE AGAIN

- **Episodes to be released every other Wednesday on non-WDT Caregiver Network Sessions.**
- **Start Date a week from today on 5/11/2022 and every two weeks thereafter.**
- **Link will be sent out via e-mail on 5/9/2022.**

What caregivers are saying about us...

“

"Great presentation. Even though my mother does not need assistance now, this knowledge will help me prepare for the next part of my caregiver journey."

”

“

"I enjoyed the information and heard some great suggestions on how to keep us strong and fit."

”



Stay in the moment



Breathe



We are in this together

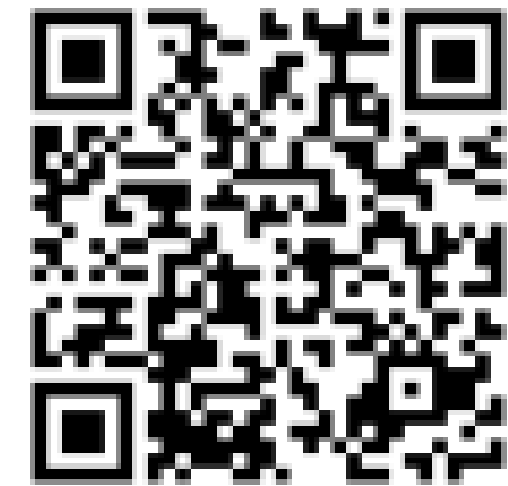
Wyoming Dementia Together Caregiver Network

Post Session Evaluation Link

May 4th , 2022

Compassion Fatigue and Caregiver Self Care

[Compassion Fatigue and Caregiver Self Care](#)





Rocky Mountain Alzheimer's Summit Caregiver Workshops May 18th, 2022

Workshops for family, friend, and professional caregivers.

- Attend online or in-person at Little America Conference Center, Cheyenne, WY.
- \$25 registration fee, registration required.
- Respite care support available upon request.
- A Certificate of Attendance will be awarded via email upon completion of the workshop.
- The workshop will be recorded. Your participation confirms consent.



Registration and more information at
www.uwyo.edu/wycoa
wycoa@uwyo.edu | (307) 766-2829

Agenda	
8:00am-3:30pm	Registration
Caregiver Workshops	
9am-12pm	Medical Caregiving Workshop (for all caregivers) 9-10:00am: Vitals - The Good, The Bad and the Basics 10-11:00am: Safe Transfers and Home Exercise Program 11-11:15am: Break 11:15-12:00pm: Medication Management and Monitoring
9am-12pm	Dementia Behavior Management and Communication Workshop 9-10:00am: Understanding Behavior Change in Dementia 10-11:00am: Responding to Distress in Dementia: Learning Core Interaction Skills 11-11:15am: Break 11:15-12:00pm: Help for the Caregiver: Introduction to Wyoming Dementia Together Caregiver Network
12-12:30pm	Lunch Buffet, sponsored by AARP Wyoming
12:30-1:30pm	Caregiving Plenary Presentation
1:30-2:30pm	Advanced Directives, POLST, DNR, POA: What's the Difference
2:45-3:45pm	Caregiver Self-Care
3:45-4pm	Closing

The Rocky Mountain Alzheimer's Summit continues May 19th and 20th, 2022! These days are designed for interdisciplinary healthcare professionals, social service providers, and direct care workers.



Carley Applegate, MHA, CHHO
VP Devotion Health Care
Dementia Specialist



Kyle S. Page, PhD, ABPP
Geriatric Psychologist




Amy Goyer, Author, Speaker, Consultant, AARP's Family and Caregiving Expert

<i>Educational Discussion Topics: March - June 2022</i>	
<i>Topic Series: Building Caregiver Confidence</i>	
March 23rd	Vitals - the Good, the Bad and the Basics
April 6th	Managing your Loved one's Medications
April 20th	Home Exercise Programs and Safe Transfers
May 4th	Compassion Fatigue and Caregiver Self-Care
May 18th	NO SESSION! <u>Join WyCOA for the Rocky Mountain Alzheimer's Summit!</u>
June 1st	Engaging Activities for Your Loved One and You to Enhance Cognitive Engagement
June 15th	Contenance Care and Personal Hygiene
June 29th	Planning for Good Health - Medical Decision Making
<p><i>SAVE THE 2022 DATES:</i> <i>June 29th, July 13th, July 27th, August 10th</i> <i>And more!</i></p>	

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Thank you... 

Have a good day ahead