


**Building Resilience
Preserving the Capacity to Care**



NYSAAAA Caregiver Forums

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Objectives

1. Self-care: Importance and difficulty
2. The 7C's of Self-Care
3. Sharing self-care practices with family caregivers
4. Two ways I'll care for myself

Self-care: What?

- **Care**
Being concerned, solicitous, present
Having regard, making provisions, looking out for...
- **Self-care**
Commitment and regular practice
- **Resilience**
- Bounce back, handle adversity and stay healthy

Self-Care for Caregivers
Important, simple, difficult

- 1. Why should we?**
- 2. Why don't we?**


Professional QOL

- Feelings about role as helper
- Compassion satisfaction
- Compassion fatigue
 - Burnout
 - Secondary trauma



Compassion Satisfaction

- Satisfied by work of helping others
- Able to keep up with new developments
- Invigorated by work you like
- Happy thoughts
- Feelings of success
- Believe you can make a difference






Compassion Fatigue

<h3 style="text-align: center;">Burnout</h3> <ul style="list-style-type: none"> • Trigger: workplace conflict • Blocked goals/achievements • Gradual onset, over time • Gradual withdrawal • Frustration, powerlessness • Less empathy • Depletion, lower morale • Added stressor • Negatively impacts caring 	<h3 style="text-align: center;">Secondary Trauma</h3> <ul style="list-style-type: none"> • Trigger: patient relationship • Blocked rescue/caretaking • Sudden, acute onset • Try harder; give even more • Frustration, powerlessness • Fear, insomnia, intrusive images • Depletion, lower morale • Added stressor • Negatively impacts caring
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7Cs: Preserving the Capacity to Care

- C1: Claim your caregiver role
or...Confirm the importance of self-care
- C2: Consider the facts about caregiver stress
- C3: Care for yourself as you care for others
- C4: Center yourself
- C5: Channel your thoughts
- C6: Choose wisely
- C7: Cultivate community




Build resilience with Self-Care

<h3 style="text-align: center;"><u>AAA Staff Members</u></h3> <p>Professional development</p>  <p>Employee assistance resources</p> <p>Group supervision & support</p>	<h3 style="text-align: center;"><u>Family Caregivers</u></h3> <p>Address roots of resistance</p> <p>Teach the 7C's of self-care</p> <p>Develop & track work on self-care plans</p> 
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What will you do?
Promise yourself at least one...

Individual self-care action

and 

Work group or organizational practice

Thank you and remember...
Care for yourself as you care for others!

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Visit me on:

 **PartnersOnThePath**

 **PartnersOnPath**

 **YouTube Channel:**
<http://www.youtube.com/user/PartnersOnThePath>
> 7 Part Series on Caring for the Caregiver