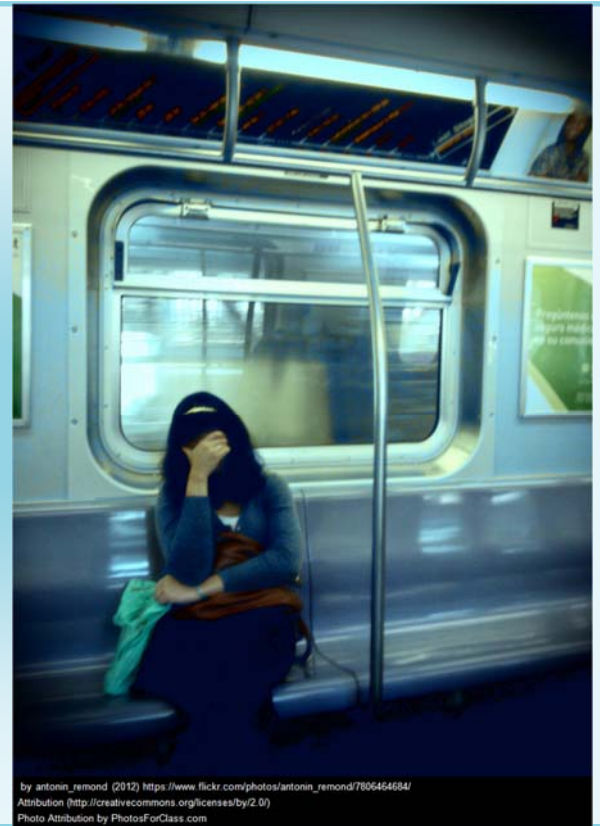
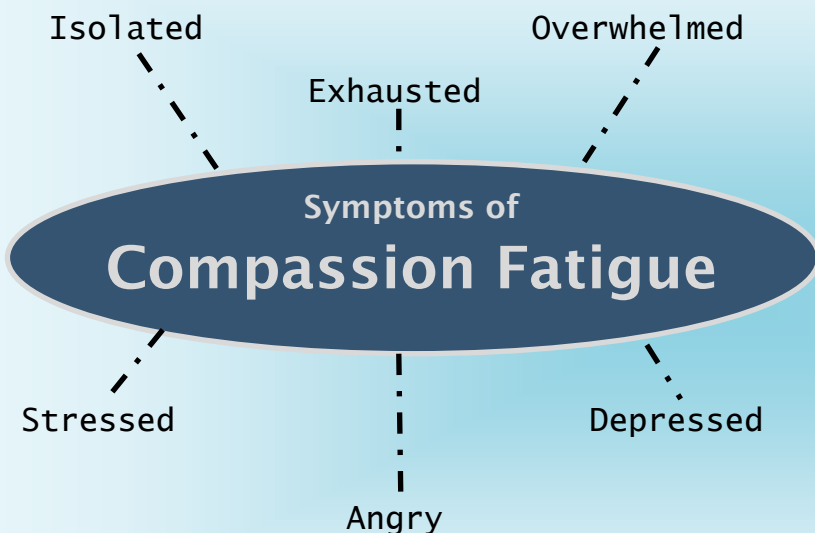


# Care for the Caregiver—Recognizing and Preventing Compassion Fatigue

## What is compassion fatigue?

- A type of burnout in which the caregiver experiences extreme, pervasive symptoms including reactions associated with Post Traumatic Stress Disorder
- A deep psychological response to stress and empathy
- A state of physical, emotional, mental, and spiritual exhaustion



## Why do caregivers need to know about compassion fatigue ?

Compassion fatigue can have **serious consequences** for both the caregiver and care recipient

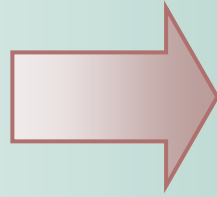
The caregiver could experience **depression, panic attacks, eating disorders, and/or substance abuse**

In extreme cases, the caregiver could verbally or physically **abuse or neglect** his or her loved one

## Warning signs of compassion fatigue

If you:

- ⇒ Are less able to function
- ⇒ Do not want to be around your loved one
- ⇒ Feel less patient or tolerant than usual
- ⇒ Are having angry outbursts that are out of character



# Seek Professional Help

## Five ways to prevent compassion fatigue

1 Be aware of changes in your behavior

2 Make yourself a priority

3 Make healthy choices: sleep right, eat right, exercise

4 Set boundaries

5 Join a caregiver support group



## Learn more about compassion fatigue

### Read

Portnoy, D. (2011). Burnout and compassion fatigue: Watch for the signs. *Health Progress*, 92(4), 47-50.

Showalter, S. (2010). Compassion Fatigue: What Is It? Why Does It Matter? *American Journal of Hospice and Palliative Care*, 27(4), 239-242.

### Watch



How to Manage Compassion Fatigue in Caregiving | Patricia Smith | TEDx-SanJuanIsland

<https://youtu.be/7keppA8XRas>

### Explore

[AgingCare.com: Caregiver Support](#)

[The Caregiver Space](#)

[Alzheimer's Association: Alzheimer's and Dementia Caregiver Center](#)

[Cystic Fibrosis Foundation: Coping While Caring for Someone with Cystic Fibrosis](#)