

## Factors Contributing to Compassion Fatigue in Geriatric Care Managers



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### OBJECTIVES



- Understand the difference between compassion fatigue and burnout
- Awareness of work situations that can increase vulnerability to burnout
- Identify and discuss client life situations that are stressful to the formal caregiver
- Knowledge of self care practices to protect from compassion fatigue/burnout

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### DEFINITIONS



- Compassion Fatigue:
- Burnout:

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### DISCUSSION QUESTIONS

- How many of you have or are experiencing burnout?
- Why are you experiencing this?
- How does it feel?

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### VULNERABLE WORK ENVIRONMENT CHARACTERISTICS

- What are some of the work environment characteristics that make us vulnerable to burnout?

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### RESEARCH RESULTS

- Sample: geriatric case managers from the Illinois Department on Aging
- Question asked: Of the clients that you serve, are their specific life situations that create stress for you as a case manager?

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### COMPONENTS OF SELF CARE

- What do you participate/engage in on a regular basis that promotes self care?

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### SELF CARE

Examples of self care practices that can assist in creating balance in our lives

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### GUIDED IMAGERY EXERCISE

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## References

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