

Caregiving and Compassion Fatigue Webinar – 7/22/2021

A webinar sponsored by the Ohio Council on Family Relations <https://oh.ncfr.org/>

Presenters: Audrey R. Kraynak, Ph.D., CFLE, NCSP & Patrice Powers-Barker, M.A., CFLE

RESOURCES:

American Association of Youth Caregivers. www.aacy.org

Located in Boca Raton FL. Advocates for youth caregivers as part of a school team, provides social activities as well as in-home support.

AARP Caregiver Support. <https://www.aarp.org/aarp/caregiving>

Publishes a Caregiver Guide for taking care of a loved one at home. Provides other support resources to caregivers.

Administration for Community Living, National Family Caregiver Support Program

<https://acl.gov/programs/support-caregivers/national-family-caregiver-support-program>

Family Caregiver Alliance, National Center on Caregiving <https://www.caregiver.org/caregiving>

Resource List by State: <https://www.caregiver.org/family-care-navigator>

Grandfacts: State fact sheets for grandfamilies.

<https://www.grandfamilies.org/Portals/0/State%20Fact%20Sheets/Ohio%20GrandFacts%20State%20Fact%20Sheet%202021%20Update.pdf>

Health in Aging. <https://www.healthimaging.org>

Supported by the American Geriatrics Society Health in Aging Foundation & staffed by its members. Site has a quiz regarding caregiver stress & tab to find geriatric professionals.

Monthly Online Caregiver Support Group sponsored by Serenity Hospice. RSVP to

RSVP@serenityhospiceoh.com to receive zoom link. For questions: 330-686-9000

Ohio AgrAbility: Promoting success in agriculture for Ohio farmers with a disability or long-term health condition. <https://agrability.osu.edu/>

Ohio Association of Area Agencies on Aging. Ohioaging.org

Regional agencies which advocate and provide resources of individuals and families of older adults.

Organizations that support specific medical issues such as Alzheimer's Association, Multiple Sclerosis, etc.

211 community information and referral services.

BOOKS:

Illardo, J. & Rothman C. R. (1999). *I'll take care of you: A practical guide for family caregivers*. Oakland CA: New Harbinger Publishers.

Sharpe, C. C. (2010). *Online Resources for Caregivers of the Elderly*. Jefferson NC: McFarland & Co., Inc., Publishers.

HANDOUTS:

Buck, C. (n.d.). Establishing Effective Personal Boundaries. Work Life Connections. *Vanderbilt University Medical Center*. <https://www.vumc.org/health-wellness/news-resource-articles/establishing-effective-personal-boundaries>

Boss, P. (2008). Caregiving and ambiguous loss. *Family Caregiver Alliance*.
<https://www.caregiver.org/resource/caregiving-and-ambiguous-loss/>

Mathiew, F. (2007). Transforming compassion fatigue to compassion satisfaction; Top 12 self-care tips for helpers. <https://www.compassionfatigue.org/pages/Top12SelfCareTips.pdf>

Schempp, D. (2014). Emotional side of caregiving. *Family Caregiver Alliance*.
<https://www.caregiver.org/resource/emotional-side-caregiving/>

Self-care assessment. (2018). Therapist Aid LLC. <https://www.therapistaid.com/worksheets/self-care-assessment.pdf>

Self-compassion break. Greater Good Science Center at UC Berkley,
https://ggia.berkeley.edu/practice/self_compassion_break

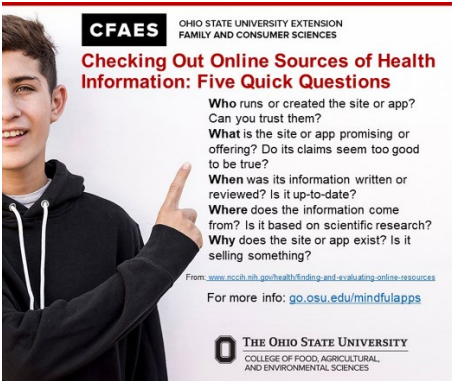
Taking care of YOU: Self-care for family caregivers. (2012). Family Caregiver Alliance.
<https://www.caregiver.org/resource/taking-care-you-self-care-family-caregivers/>

Tips for Disaster Responders: Understanding Compassion Fatigue (2014). *Substance Abuse and Mental Health Services Administration (SAMHSA) Factsheet*.
<https://store.samhsa.gov/product/Understanding-Compassion-Fatigue/sma14-4869>

INFOGRAPHICS:



The Counseling Teacher, Brandy,
<https://thecounselingteacher.com/> has work for sale as well as free resources (due to the pandemic) at <https://www.teacherspayteachers.com/Product/Coronavirus-Parent-Support-Graphics-5343091>



Powers-Barker, P. (2020). What Mindfulness App Should I Try? Live Smart Ohio, Ohio State University Extension. <https://livesmartohio.osu.edu/mind-and-body/powers-barker-1osu-edu/what-mindfulness-app-should-i-try/>

ADDITIONAL INFORMATION:

Please visit the Ohio Council on Family Relations website for a list of all references used in the webinar as well as a copy of the PowerPoint. <https://oh.ncfr.org/>

Presenters: Audrey R. Kraynak, Ph.D., CFLE, NCSP, ABSNP (arkraynak@aol.com) & Patrice Powers-Barker, M.A., CFLE (powers-barker.1@osu.edu)