

COMPASSION FATIGUE: THE COST OF CARING

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2024



First things first...

- What does life look like to be a person who is a caregiver to a loved one with Parkinson's Disease?
- How do friends and family react when they hear about your caregiving role?
- What do you wish others knew about your situation?





What is Compassion Fatigue?

- DEFINITION: Compassion fatigue refers to a negative psychological symptoms that caregivers experience as a result of providing care while being exposed to trauma (experiencing the trauma first hand) or secondary trauma (rendering care to those experiencing trauma) (Figley, 1995).



Symptoms:

Personal

- Physical or emotional exhaustion
 - Lack of empathy
 - Sleep disturbance
 - Difficulties with intimacy
 - Physical symptoms such as headaches, stomach aches, etc.
 - Anger / Irritability
 - Lack of boundaries
 - Avoidance
 - Anxiety
 - Suicide ideation
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Symptoms:

Professional/Purpose Roles

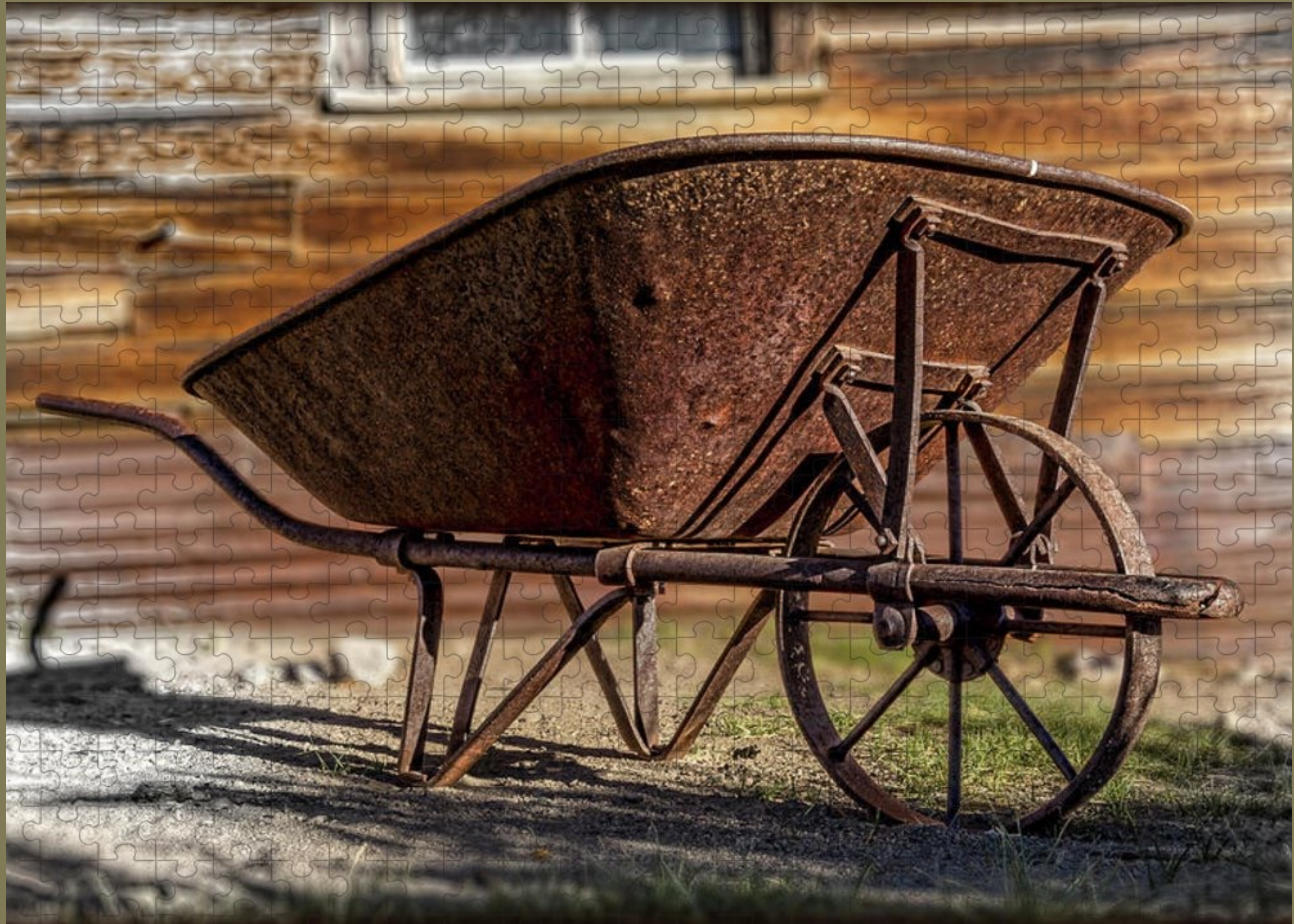
- Absenteeism from work
- Lack of patience/tolerance
- Lack of boundaries
- Preoccupation with minor issues or tasks
- Loss of job/personal satisfaction
- Difficulty prioritizing
- Slowness of thought (brain fog)



Risk Factors

- Perfectionism
- Ineffective coping strategies
- Past personal trauma
- Intensity or duration
- Age (younger or older)
- Self-judgement
- Lack of preventative self-care





Prevention



Treatment and Prevention

PREVENTION:

- Exercise/sleep/nutrition
 - Reasonable and clearly defined duties for all
 - Mindfulness/yoga/meditation
 - Caregiver supports/groups
 - Social supports
 - Psycho-education
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Treatment and Prevention

PREVENTION:

- Personal counseling
 - Medication
 - Flexibility at work and home
 - Vacations
 - Wellness programs
 - Journaling/meditation
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3-2-1 Personal Care Plan:

3-Things I will add

2-Things I will change

1-Thing I will take away



Questions?

