

# CARE GIVER RESOURCES

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## Caregiver Compassion Fatigue



Compassion Fatigue Is a condition characterized by emotional and physical exhaustion leading to a diminished ability to empathize or feel compassion for others, often described as the negative cost to caregiving

### What to do if you have Caregiver Fatigue

- Ask others for help
- Get into a support group
- Talk to other caregivers
- Take a break from your loved one and focus on you if possible.
- Consider Day Programs - Sending your loved one to a place where they can have other interactions with people their own age and get some exercise is a great way to give you time to yourself
- **Seek out Home Health Aides - This is a great choice of you are a caregiver that still works outside of the home, or if the person**

**you are caring for still lives home alone. This will give you another person to help in the care of your loved one. Please contact us if you are interested in hiring a Home Health Aide.**

## Signs Caregiver of Fatigue

- Anxious
- Avoiding other people
- Depression
- Feeling you are losing control of your life
- Not Feeling like yourself
- Irritable
- Lack of energy
- Losing interest in the things you like to do
- Neglecting your personal relationships with others

