

Gateway Alliance for Compassionate Care @ EOL

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COMPASSION FATIGUE

Building Resilience for Self Care



OBJECTIVES

- ❑ Recognize our bio-psycho-social-spiritual needs as a Partner in Care
- ❑ Identify what it means to be Healthy
- ❑ Understand the three types of Stress
- ❑ Develop strategies to enhance Resilience





RESILIENCE

The ability of a person to withstand a significant amount of change in her/his life

‘the capacity to exhibit resourcefulness by using available internal and external resources in response to different contextual and developmental changes’



COMPASSION

“cum passio:” to suffer with

*Empathy: the ability to listen to & understand
what the other person is experiencing*

Resilience as a Holistic Approach

- ❑ Biological: My physical health
- ❑ Psychological: My emotional health
- ❑ Social: My relationships
- ❑ Spiritual: My purpose & meaning in life



BIOLOGICAL

□ MOVE!

- Studies have shown over & over again, health & resilience depend upon bodily movement

- How much movement do you get each day?
- Stretching? Exercise? Biking?
- Walking? Dancing? Climbing a tree?

All it takes is owning a pair of tennis shoes



PSYCHOLOGICAL

- ❑ What is the 1st emotion you felt this morning?
- ❑ Do you time how long your emotions last?
- ❑ Don't strive to be happy, impossible!
- ❑ Experience the wonderful range of emotions



SOCIAL

- How are my relationships?
 - Who needs my attention? Loose Threads?
 - Unintended conflicts? Who's on my mind?



SPIRITUAL

Strive for purpose & meaning in life

What brings joy to my life today?

Why am I still here on this planet?

What is most meaningful to me today?



Religion

- Religion is the tool box that teaches
 - HOW TO BE SPIRITUAL
 - Some people do not find religion helpful for this



Knowing the Connections

- What are the connections between:
 - Resilience & Change?
 - Stress & Change?
 - Health & Change?
 - Strengths & Change?



STRESS!!!

- What is stress:
 - ANY reaction to CHANGE
 - Physical, emotional, social, spiritual





Towards the End of Life

- Many changes going on
 - Biological
 - Psychological
 - Social
 - Spiritual

- This can create STRESS for everyone



□ Types of Stress

- D – Stress

- O – Stress

- U – Stress

Living in the Zone

- ❑ D Stress: too much change
- ❑ O Stress: too little change
- ❑ U Stress: right amount of change for me





Managing Change

- How effective am I at managing CHANGE?
 - Name one significant change in your life since you entered hospice
 - How does your *body* react when thinking of this change?
 - What *emotion* surfaces when you think of this?
 - How is this change affecting your *relationships*?
 - How is this impacting the *meaning* of your life?



Factors that Contribute to Stress

1. Condition of your body
2. The span of your emotions
3. The quality of your relationships
4. The meaning of your life

Who or What needs to change?

Could be one or all four...

Strengths-based Approach



Avoid looking only for what is wrong with you

❑ Strengths-based definition:

“All people must be seen in light of their capacities, talents, competencies, possibilities, vision, values and hope, however dashed and distorted these may have become through circumstance, oppression or trauma” (Saleebey, 1996)



Definition of Health

“The overall optimal functioning of a person according to that person’s capacity at a particular moment in time”



“FRAIL CANCER PATIENT”

What if we measured HEALTH in terms of
a person's spirituality?





Strengths Based Approach

- ❑ Identify and optimize your strengths
- ❑ Recognize your strengths to mobilize your resources
- ❑ Identify “possibilities versus problems”
- ❑ Emphasize capacity building
- ❑ Promote religious & cultural strengths
- ❑ What’s working for you today?



Serenity Prayer

Grant me:

- ❑ The *serenity* to accept the things I cannot change
- ❑ The *courage* to change the things I can
- ❑ And the *wisdom* to know the difference

SERENE

“calm, peaceful, and untroubled; tranquil.”

- List a moment in time where you felt this:
 - Where were you? How old were you?



COURAGE

“mental or moral strength to persevere, and withstand danger, fear, or difficulty”

- List a time in your life that you were courageous
 - Where were you, how old were you?



WISDOM

“the ability to understand life, common sense or judgment; or knowing what to overlook”

- ❑ Name a person who you experience as wise
- ❑ What characteristics make him/her wise





Predictors of Health

- Your ability to:
 - Adapt to change = resilience
 - Maximize available resources
 - Stay physically active
 - Create options & choices
 - Maintain satisfying relationships
 - Move from Care-giver to “Partners in Care”

Partners in Care as a Strength

Reported positive impact from partnering in care

Bio: Opportunity to be active

Psycho: Compassion for others in their situations

Social: Rewarding relationships with others

Spiritual: Renewed inner meaning & purpose



Building Partnerships

- From Care-Giving to Partnering in Care
 - Focusing & building on strengths in yourself, your team, and your patients
 - Framing partnering as a collaboration among many sources of strength





Partnering in Care is a “Career”

- A career involves:
 - Ongoing development of new knowledge, skills and values
 - Being able to change our lifestyle with the demands of the “job”
 - Being flexible with numerous changes
 - Partnerships – building key relationships is key to creating a successful career

Partnering in Care

- ❑ Partnering in care is essential—includes many relationships
- ❑ As partnering increases, competency increases
- ❑ Ask for help & accept limitations and refer out



Partnering in Care

Maybe stress is not a problem, but an
opportunity to find your U Stress

Which health care environment is RIGHT for you?

Asking a duck to function well in a tree or expecting a squirrel to
excel in water does not produce great results



Partnering in Care

- Bio-Psycho-Social-Spiritual approach:
 - Eating well: fresh fruits and vegetables
 - Engaging in regular aerobic movement
 - Challenging mental tasks
 - Enhancing your capacity to feel
 - Building relationships
 - Creating a meaningful life



TAKE HOME MESSAGES





REMEMBER

- ❑ Care partnering is complex—one size does not fit all families
- ❑ Build relationships & resources!
- ❑ Ongoing strengths-based self- assessment
- ❑ Re-frame care-giving as a partnering “opportunity” to enhance your health



REMEMBER

- Focus upon:
 - Identifying your greatest strengths
 - Utilizing bio-psycho-social-spiritual
 - Supporting your strengths
 - Practicing asking for & receiving help
 - Learning how to create partnerships

REMEMBER

- ❑ Change is inevitable
- ❑ Managing change is key to health
- ❑ Resilient persons embrace change
- ❑ Know how much change is healthy for you
- ❑ Take a nap!



Partnering in Care is Sweet!



Resources

- Family Caregiver Alliance (National Center on Care-giving)
 - www.caregiving.org
- National Family Caregiver's Association
 - <http://www.nfcacares.org/>
- Partnerships in Motion: A Renaissance in Aging
www.partnershipsinmotion.com.
- **Berg-Weger, Rubio, Tebb (2001) Strengths-Based Practice With Family Caregivers of the Chronically Ill: *Families in Society: The Journal of Contemporary Social Services*. Vol 96(3)**
- **Berg-Weger, Rubio, Tebb (2000) Care Giving Well Being Scale. *Health & Social Work*. Volume: 25 Source Issue: 4**