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DISABILITY RESOURCES**

Understanding Compassion Fatigue

With Linda Shumaker, RN – BC, MA
Optimize Aging, LLC.

***A free webinar
for caregivers,
professionals,
and stake
holders.***

**Monday,
November 30
1:30pm-
3:00pm**

**Please contact Kelly
Hall to register.**

**By email:
kahall@bsstaaa.org**

**Or call:
1-800-982-4346**

In the midst of an unprecedented global pandemic, professional and family caregivers are facing an increasing number of stressors. Driven by vast uncertainty, there is a desire to help but an ongoing struggle to protect oneself and one's family, as well as one's clients. This overwhelming angst can produce physical and emotional responses that, at times, seem inescapable.

This webinar will address the differences between "compassion fatigue," "vicarious" trauma and burnout. We will define the components of "compassion fatigue" and the striking differences between compassion and empathy. Most importantly, we will discuss why some of us suffer from compassion fatigue more personally and how we can learn to "protect" ourselves. Finally, we will present tools that allow us to stay healthy, not only physically, but emotionally as well. We will discuss what we can do to protect ourselves while engaging with our loved ones and families.

