



# CAREGIVER FATIGUE: REFRAMING FROM A VALUES PERSPECTIVE

LAURA VAILLANCOURT, MA, LMHC, GMHS



# WELCOME!

- Recognizing caregiver fatigue
- How personal and professional experience impact clinical care and outcome
- Strategies on recognizing strengths and challenges r/t caregiving
- Tools to promote health and well-being
- Where are you now?
- How did you get here?
- Where do you want to be?
- How do you get there?
- Get pen and paper ready



## Where are you now?

- Unique stress of caregiving
- Compassion fatigue
- Stress can build without realizing
- No handbook
- Pressure
- Landscape changes moment by moment
- Shared experience
- Medical model and empathy



## How Did I Get Here?

- How did you arrive in the caring profession?
- Exercise
- Why we make the choices we do



## Who Am I?

- Values- what are they?
- How do knowing your values help you?
- What moments are you most happy, proud, fulfilled and satisfied?
- VALUES LIST: Narrow to 5
- Reaffirm your values

Accountability  
Achievement  
Adaptability  
Adventure  
Altruism  
Ambition  
Authenticity  
Balance  
Beauty  
Being the best  
Belonging  
Career  
Caring  
Collaboration  
Commitment  
Community  
Compassion  
Competence  
Confidence  
Connection  
Contentment  
Contribution  
Cooperation  
Courage  
Creativity  
Dignity  
Diversity  
Environment  
Efficiency  
Equality  
Ethics  
Excellence  
Fairness  
Faith  
Family  
Financial stability  
Forgiveness  
Freedom  
Friendship  
Fun  
Generosity

Giving  
Grace  
Gratitude  
Growth  
Happiness  
Harmony  
Health  
Helpful  
Home  
Honesty  
Hope  
Humility  
Humor  
Imaginative  
Inclusion  
Independence  
Integrity  
Intellectual  
Initiative  
Intuition  
Job security  
Joy  
Justice  
Kindness  
Knowledge  
Leadership  
Learning  
Legacy  
Leisure  
Logical  
Love  
Loyalty  
Making a difference  
Openness  
Optimism  
Order  
Nature  
Parenting  
Patriotism  
Patience  
Peace

Perseverance  
Personal fulfillment  
Polite  
Power  
Pride  
Recognition  
Reliability  
Respect  
Resourcefulness  
Responsible  
Risk-taking  
Safety  
Security  
Self-discipline  
Self-expression  
Self-respect  
Serenity  
Service  
Simplicity  
Spirituality  
Sportsmanship  
Stewardship  
Success  
Time  
Teamwork  
Thrift  
Tradition  
Travel  
Trust  
Truth  
Understanding  
Uniqueness  
Usefulness  
Vision  
Vulnerability  
Wealth  
Well-being  
Wisdom



## Where Do You Want to Be?

- A “why” moment
- What would your ideal day look like?
- How would you feel?
- Have you felt this way before?
- Who do you know that embodies this?
- What happens if you don’t move in that direction?
- Programming your GPS



## How Do You Get There?

- Becoming the master of your mind
- Counter Clockwise study
- Thoughts create feelings
- Neurons that fire together, wire together
- Brain neuroplasticity
- Change your thoughts, change your life
- Exercise





## How Do You Get There?

- You are the master of your mind and body
- Change the way you think:
- Awareness
- Intention
- Attention



## How Do You Get There?

- Reframe
- Perspective
- Quantum physics
- 3 Questions:
  - What went well?
  - What could I have done differently?
  - How was I kind to myself today?



## RE IMAGINE

- The future of healthcare
- Recall a memory when you felt nurtured
- Remember a moment with a resident that had a significant impact
- Waterfall
- Collective
- “What you seek is seeking you” -Rumi



# THANK YOU!

Podcast for Caregivers:  
Life on Repeat Podcast



Check out this FB Community:  
Get in the Lifeboat



My Website:  
[eldercarecounselor.com](http://eldercarecounselor.com)

