

Compassion Fatigue: *When Caring Hurts the Caregiver*

October 25, 2012
9:30 a.m. - 2:30 p.m.

Light lunch provided

Cataraqui Golf & Country Club
Kingston, ON

Directions: Take Highway 401 to Sir John A. MacDonald Blvd. exit. Drive to end of Sir John A. MacDonald Blvd. to King St., turn right. Drive to County Club Dr. (first street past Portsmouth Ave.). Turn right, then immediate left.

Wheelchair accessible, free and ample parking

Contact

Providence Care
Regional Community Brain Injury Services
401-303 Bagot St., Lasalle Mews
Kingston, ON K7K 5W7
613-547-6969 or 1-800-871-8096

Providence
Care

www.providencecare.ca

Providence
Care

Regional Community
Brain Injury Services
(RCBIS)

Compassion Fatigue: *When Caring Hurts the Caregiver*

**For family and friends of people
with brain injuries**

**October 25, 2012
9:30 a.m. - 2:30 p.m.**

**As part of our commitment to
provide education, RCBIS is hosting
this conference free of charge**

Light lunch provided

**Cataraqui Golf and Country Club
Kingston, ON**

Providence Care

is the leading regional provider of compassionate, non-acute health care, and is affiliated with Queen's University. Treating each person with respect, dignity and compassion, we specialize in complex continuing and long-term care, geriatric and rehabilitation programs, mental health services and palliative care.

*Providence Care will lead the way in
compassion and discovery.*

Compassion Fatigue:

When Caring Hurts the Caregiver

On July 5, 1998 life took a drastic turn for Janet Cromer, a psychotherapist and her husband Alan, a physics professor. That day Alan experienced a heart attack and cardiac arrest, leaving him with a severe anoxic brain injury. In her workshops, Janet draws on her experience of being a caregiver and a wife to Alan, as well as her background as a registered nurse, licensed psychotherapist, and educator. She speaks of the ongoing potential for growth, resilience, and transformation following a brain injury.

Caring for a family member can be rewarding, but long-term stress and fatigue can lead to health problems and emotional distress for the caregiver. Compassion fatigue arises as a result of secondary traumatic stress, exhaustion, loss, burn-out, and not enough care for the caregiver. Janet knows that caregivers need a specific set of skills for each season of the caregiver's long journey. She focuses on creative preventative strategies, as well as how to heal from compassion fatigue. Caregivers will learn skills to help them communicate, advocate, find information, and cope with emotions and stress.

Janet's lively and interactive workshop will support and empower caregivers to reduce stress and compassion fatigue while enhancing health. This workshop will offer new ideas, practical strategies, and time to share experiences.

Goals:

- ◆ Learn to balance meeting the needs of your loved one with your own.
- ◆ Address the demands of the caregiver's journey including long-term stress, fatigue, and risk of burn-out.
- ◆ Increase your resilience by learning strategies to prevent and heal from compassion fatigue.

Speaker:

Janet M. Cromer, Certified Compassion Fatigue Educator, RN, MA, LMHC is a psychiatric registered nurse, licensed psychotherapist, educator, and healthcare writer. In addition, she has experience as a loving wife and caregiver to her husband Alan following a severe anoxic brain injury. Janet has been active in the brain injury community since 1998 as a support group facilitator, professional speaker, advocate, and advisory board member. She is committed to improving the lives of brain injury survivors and their caregivers.

Registration

Yes, I/we want to sign up for this important workshop.

FREE OF CHARGE

Names of Attendees and Relationship

<u>Name</u>	<u>Relationship</u>
_____	Parent <input type="checkbox"/>
	Spouse/partner <input type="checkbox"/>
	Sibling <input type="checkbox"/>
	Adult Child <input type="checkbox"/>
	Friend <input type="checkbox"/>
	Other: _____
_____	Parent <input type="checkbox"/>
	Spouse/partner <input type="checkbox"/>
	Sibling <input type="checkbox"/>
	Adult Child <input type="checkbox"/>
	Friend <input type="checkbox"/>
	Other: _____
_____	Parent <input type="checkbox"/>
	Spouse/partner <input type="checkbox"/>
	Sibling <input type="checkbox"/>
	Adult Child <input type="checkbox"/>
	Friend <input type="checkbox"/>
	Other: _____

One contact phone number: _____

PLEASE SEPARATE AND MAIL TO RCBIS OR PHONE 1-800-871-8096

OR REGISTER ONLINE AT: <http://braininjuryhelp.ca/education-events/>

REGISTER BY OCTOBER 10, 2012

Providence Care, Regional
Community Brain Injury Services
401-303 Bagot St., LaSalle Mews
Kingston, ON K7K 5W7