

NC Department of Health and Human Services
NC Home Care Aide Curriculum
 Module 23 – Stress Management
 July 2021

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OBJECTIVES


1. Explain why home care aides might experience stress
2. Identify symptoms of burnout or compassion fatigue
3. List several stress reduction techniques

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Stressors for the Home Care Aide


- Being in a care giving profession such as a home care aide can have many sources of stress
- Caring for someone else can be physically challenging



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Burnout and Compassion Fatigue



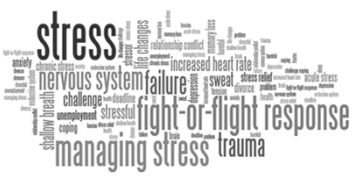
- Burnout and compassion fatigue are more than feelings of stress at work
- They encompass the physical, emotional, and/or spiritual exhaustion that can seem to take over a person

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Stressors for the Home Care Aide

- People carry burden and stress different ways
- Symptoms of burnout and compassion fatigue can have a very gradual onset




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HANDOUT #1

Symptoms of Burnout




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SYMPTOMS OF BURNOUT (1)

- High absenteeism
- Inability to work in teams or groups
- Desire to break company rules
- Outbursts of aggression
- Inability to complete assignments
- Lack of flexibility




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SYMPTOMS OF BURNOUT (2)

- Inability to respect other staff or meet deadlines
- Negativism toward workplace or management
- Reluctance toward change
- Lack of positive vision for the future




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WHO IS AT RISK FOR BURNOUT?

- Who is most at risk of developing burnout or compassion fatigue?

ANYONE



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TAKE CARE OF YOURSELF

- Home care aides often times do not take the time for themselves that they truly need and deserve
- Getting help with burnout or compassion fatigue will give you the physical and emotional energy needed to do your daily activities – both personally and professionally

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HANDOUT #2

Stress Reduction

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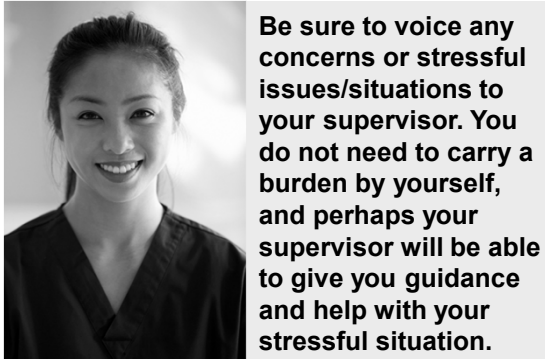
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ACTIVITY #1

PROFESSIONAL QUALITY OF LIFE SCALE (PROQOL) Compassion Satisfaction and Fatigue

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Be sure to voice any concerns or stressful issues/situations to your supervisor. You do not need to carry a burden by yourself, and perhaps your supervisor will be able to give you guidance and help with your stressful situation.

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