

## Caregiver Burnout Scoring

- 25-50**    **You're doing well** and continue to monitor yourself occasionally.
- 51-75**    **You're at moderate risk for Caregiver burnout.** Take preventative action such as talking out your challenges with friends or family, using the HALT system and examining and minimizing the stressors in your personal life.
- 76-100**    **You're at high risk for Caregiver burnout.** Seek out and utilize a supervisors help and outside support systems. Examine the personal habits that help you let go after work and truly relax. Re-address your shift
- 101-125**    **You have reached a critical stress level** - DO NOT IGNORE - Talk to Jarred or Natalie immediately. This is a real threat to your life and health.

## UNDERSTANDING COMPASSION FATIGUE

Although the prerequisites for professional caregiving are kindness and patience, to be the constant companion of someone who is ailing or suffering from a chronic illness can be emotionally taxing – unattended, those emotions can easily turn into depression.

To be truly good at what we do, we must be vigilant about recharging ourselves and incorporating habits that rejuvenate us and refuel us. Without this constant “airing out” we can become irritable, angry, and physically ill ourselves. **The skill set needed to be a superior caregiver includes self health. We are responsible to that oath of service to maintain it.**

