

CARE FOR THE CAREGIVER: USING SELF-CARE TO COMBAT COMPASSION FATIGUE

*(focusing on caregivers who care for those living
with paralysis)*



Are you wondering why you are not feeling well? Are you struggling with meeting daily expectations? Are you feeling a bit burnout? Compassion Fatigue is a real thing. Join us for an engaging webinar where we will define Compassion Fatigue and discuss its impact on oneself and others. We will highlight key concerns to be aware of and how to identify signs and symptoms related to Compassion Fatigue. Participants will gain useful resources and tools to supporting those with special needs while ensuring they remain aware of their own needs. We will introduce the importance of self-care and how to apply simple but meaningful tips to your daily life. Knowing you are on the verge of burnout and being equipped to prevent it requires intentionally making some choices for all involved. Learning what Compassion Fatigue is and ways to dim the emotional strain is key. This webinar will provide meaningful ways to embrace your daily journey and take care of yourself along the way.

Special Discount Code: The Christopher & Dana Reeve Foundation is committed to providing opportunities to individuals with paralysis. In keeping with their mission, webinar scholarships are available for those living with paralysis, their family members and caregivers. If you or a family member is living with paralysis, please enter the following code at check-out to receive a scholarship. Code: **Superman**

For more information or to register for this webinar,
please visit: www.penncares.org.



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