

KNOWING RESIDENTS, FAMILIES & YOURSELF

AUGUST SAFETY SEGMENT



Caring for others, whether as a professional caregiver or a family member, can be incredibly rewarding but also emotionally and physically demanding. Balancing personal needs with the needs of those being cared for often results in feelings of being overwhelmed and exhausted. Despite these challenges, many caregivers find strength from the positive impact they have on others' lives. It's crucial for caregivers to seek support and take time for self-care to maintain their well-being and continue providing compassionate care.

BURNOUT & COMPASSION FATIGUE

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of the [Burnout vs. Compassion Fatigue poster](#) and the following video on [Burnout](#). After everyone is done, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Have you experienced any of these symptoms or seen these in others?
- Have you any strategies for helping yourself if you are experiencing any of these?

Additional Activities:

- Have a moment of self reflection. For workers print, '[Am I at Risk for Burnout](#)'.
- If using with a leadership team to see if your organization is at risk of burnout print, '[Is your Organization at Risk of Burnout](#).' Have a conversation based on the results.



Follow the CCSA and check our other resources.



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Peer support occurs when people provide knowledge, experience, emotional, social or practical help to each other. At some point we all need someone to talk to. It might be a resident that needs some support, a co-worker or supporting a family that are noticing changes in their loved one. Peer support requires empathy not sympathy, which is hard cause we must put ourselves in that place. Peer support thrives on connection as equals and having that support on a reciprocal basis. Remember to fill your vessel as much as you fill others.

PEER SUPPORT

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print the [Peer Support Charter](#) and have the group watch this short video on [Peer Support](#). After watching the video use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Who could you talk to if you need support?
- Are there any resources in the organization that could help?
- Where could you direct a family member?
- Or a resident?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.

Additional resources:

<https://peerconnectbc.ca/>



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Elder abuse is a concerning issue affecting seniors across Canada. One in five Canadians believes they know of a senior who might be experiencing some form of abuse. Seniors from all walks of life are vulnerable to elder abuse, which can take various forms, including physical, psychological, and financial abuse. Financial abuse is the most reported type. Older adults affected by abuse may hesitate to talk about it due to feelings of shame, fear of retaliation, or lack of awareness about available help. It's essential to raise awareness to prevent and address elder abuse.

ELDER ABUSE

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out the [Elder Abuse Fact Sheet](#) and your organization Elder Abuse policies. After everyone is done reviewing the sheet, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Who could you report elder abuse to?
- What would be some signs you might see?
- Have you ever known anyone where this has happened?
- Does your organization have information on Elder Abuse and where could you find them?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



Additional Resources:

- Elder Abuse Poster [1](#) & [2](#)
- [Government of Alberta - Elder Abuse](#)



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Not many family members choose to be a caregiver but many find themselves in that position. According to Caregivers Alberta 1 in 4 Albertans over the age of 15 are caregivers. Caregiving can look different for different family members. Family members could be caring by supporting their loved one by providing around emotional support and companionship, taking their loved ones to appointments, or delivering needed/wanted resources and supplies to their loved one.

FAMILY SUPPORT

DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Play [Family Caregiver Stress](#) video, after playing the video use the guiding questions to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are some of the ways that family members support your residents?
- How can we support the family members of our residents?
- What supports are in our area for our residents' caregivers?

Notes to the Team Leader:

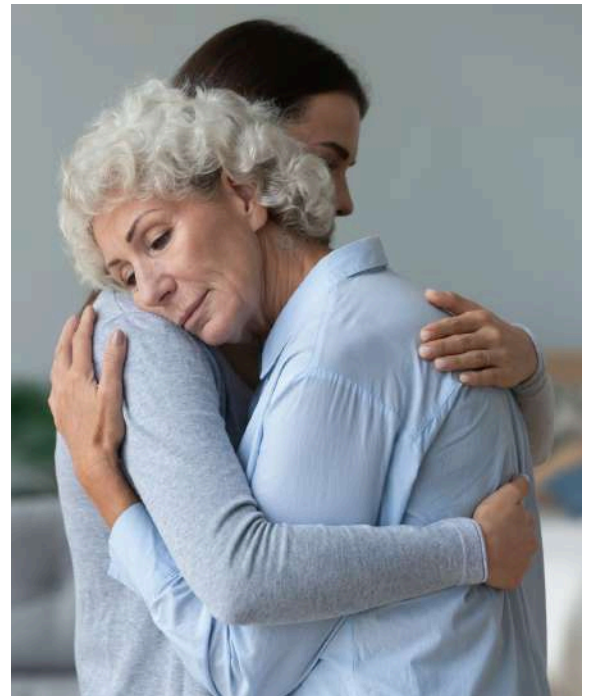
- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.

Additional Resources:

- [Signs of Caregiver Stress](#) - print as a bookmark
- [Tips for Managing Caregiver Stress](#)



Continuing Care
Safety Association



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CODE OF THE MONTH | AUGUST SAFETY SEGMENT



The Emergency Response protocol is designed to alert staff of emergencies and provide clear direction on responding to those situations. Code Black is activated when a bomb threat or suspicious package has been made to or at a facility. Activating a Code Black helps ensure the safety and security of the facility and everyone inside.

CODE BLACK

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of [Code Black Poster](#) and [Code Black Scenarios](#) by the Continuing Care Safety Association. After everyone is done, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- When is Code Black called for?
- What can you do as a staff member when this code is called?
- Use the following Code Black Scenarios and discuss responses.

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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