



The Risky Business of Caregiving: Why Understanding the Risks Matters to the Helping Professional

- An in-depth overview of the signs and symptoms of compassion fatigue in caregivers.
- Approaches to self-care, strategies for fostering resilience, and resources for clinicians.

Wednesday, October 6, 2021

11:45 AM – 1:00 PM ET

Live Stream Series (Online Synchronous Training)

Complimentary CE Event for Wellstar Hospital System

Space is limited.

Please register online at

www.ceucreationsinc.com

1 CREDIT HOUR APPROVED FOR:

- **Social Workers**
(ASWB ACE; New York State Education Department's State Board for Social Work – 1 Credit Hour)
- **Case Managers**
(CCMC – 1 Contact Hour)
- **Nurses**
(CA Board of Registered Nursing – 1 Contact Hour)
- **Counselors**
(NBCC; New York State Education Department's State Board for Mental Health Practitioners – 1 Credit Hour)

*Attendance or applied credit certificate available for other credentials.
Please make sure to check with your own state board to ensure transferability of CE credit.*

PRESENTER:



Michelle Mitchell

Michelle Mitchell is the Regional Director of Training and Development at Phoenix Senior Living. Michelle has worked in the healthcare industry for almost twenty years. She began her career as a Recreational Therapist and has served as a sales associate, Alzheimer's Unit Coordinator, private care manager, and Regional Director of Sales. As a certified trainer with the National Council of Certified Dementia Practitioners, Michelle enjoys supporting caregivers in expanding their knowledge of how to best serve people with dementia. After personally experiencing burn out, Michelle made it a mission to understand and help alleviate caregiver burnout. Participants often comment they enjoy her lighthearted approach and infusion of laughter to the presentation.

We appreciate the ongoing support of our 2021 Sponsors! We could not provide these complimentary events without them.

Additional information for each sponsor can be found in the 2021 CEU Creations Georgia Hospital Supporter Directory that will be provided to each registrant.



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AGENDA

11:45 AM - 12:00 PM: Log-In and Virtual Networking

12:00 PM - 1:00 PM: Presentation

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According to the National Alliance for Caregiving and AARP, 34 million American adults have provided unpaid care for an older adult in the past 12 months. For many of these caregivers, they are sandwiched between caring for their aging relatives and balancing the needs of their careers, families, and personal responsibilities. Being a caregiver can elicit an array of emotions - feelings of purpose, appreciation for cherished memories, and a sense of accomplishment and fulfillment. There are also inherent and serious risks to the caregiver, such as stress-related illnesses and decreased self-care. It is important that helping professionals recognize the sources of caregiver stress and identify the signs and symptoms of compassion fatigue. Through this insightful discussion with Michelle Mitchell, CDP, participants will gain an understanding of the various roles of the caregiver, potential sources of stress, self-care approaches and strategies for fostering resilience, and helpful resources to reference and employ in your everyday practice.

BY ATTENDING OUR WORKSHOP, YOU WILL BE ABLE TO:

- Summarize the roles of a caregiver
- Name 2 signs and symptoms of compassion fatigue
- Identify 3 barriers to providing support to caregivers

Course Interaction and Technical Requirements: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is not required. You will receive an email approximately 24 hours prior to the start of the event with a link to the webinar.

In order to receive credit, you must login on time, attend the entire presentation, and complete an evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.

Target audience: Social workers, case managers, counselors, discharge planners, nurses and other healthcare professionals – beginning to intermediate content level.

SOCIAL WORKERS: CEU Creations, #1239, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. CEU Creations maintains responsibility for this course. ACE provider approval period: [11/22/18-11/22/21]. Social workers completing this course receive 1 General continuing education credit.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 1 contact hour.

The GA Board governing social work CE's accepts ACE Programs.

NURSES: 1 Contact Hour - CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP16563. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

COUNSELORS: 1 Credit Hour:

CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 1 contact hour.

All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations via Anne McSweeney at info@ceucreationsinc.com