



Helping the Helpers: Navigating Compassion Fatigue and Caregiving

Idaho Caregiver Alliance Pop-Up Event

June 11, 2025



Welcome; We're glad you're here!

In the chat:

Tell us your name, city, and one strength about yourself NOT related to caregiving.

We'll be getting started soon.



Mission



To serve as the voice, convener, and catalyst for support of unpaid family caregivers across the lifespan.

Vision



Family caregivers and the people they care for are recognized, valued, and supported in Idaho.



Idaho Caregiver Alliance



idahocaregiveralliance.com



@idahocaregiveralliance

*Thank you
caregivers!*

YOU ARE THE BEST.



Caregiving is often invisible.

Supporting caregivers supports the people they are caring for.



**America has 53
million
unpaid family
caregivers**

**1 in 4 Idahoans
are caregivers**



We recognize the value of Idaho's caregivers

3 Billion Dollars

Cost savings to
Idaho - Annually

300,000
unpaid
family
caregivers



70%
work full or
part-time



Who we think they are...



Who they actually are...



30%

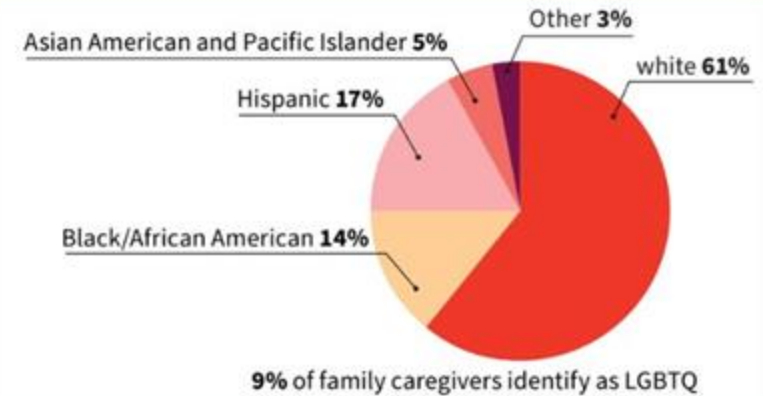
Caring for 2 or more generations

40%

Say juggling work with caregiving is their biggest stressor

58%

Are increasingly Gen X, Millennials, and Gen Z



9% of family caregivers identify as LGBTQ

Caregivers are doing
more than helping with
ADL's.



Advocating with providers,
services, agencies (56%)



Monitoring the severity
of a condition (71%)

Communicating with
healthcare professionals
(65%)



Black & Latinx Caregivers

Provide more care to a loved one in-home than their white counterparts

American Indian/ Alaskan Native Caregivers

are more likely to pay more for health-related caregiving expenses than their counterparts

LGBTQIA+ Caregivers

are providing care at a higher rate than the general population

Immigrant Caregivers

make up 11% of the workforce of home health and 26% of informal sector

Millennial Caregivers

are more likely to be supporting someone with a mental health condition, and more likely to be employed



Stages of Caregiving

**Expectant - Freshman - Entrenched -
Pragmatic - Transitioning - Godspeed**



Expectant



Freshman



Entrenched



Pragmatic

Transitioning

Godspeed





53% of caregivers
feel like they
didn't have
a choice

69% not
utilizing any
paid help



57%

of caregivers report experiencing clinically significant levels of stress, anxiety, or depression



Caregivers are under immense stress and pressure.

As a result, many are turning to a variety of coping mechanisms:



18%



50%



14%



**Caregiver
Burnout**

Workload

**Emotional
Needs**

Ambiguity of roles

**Overwhelming
demands**



Minimal (or no) privacy

Lack of Mastery

Abandonment

**Unable to
achieve goals**

**Conflicting policies
and procedures**

Absence of Autonomy

Burnout Symptoms:



Depression

Fatigue

Hopelessness

Health Problems

Withdrawal



Decreased self-esteem



**Secondary
Traumatic
Stress**



When Experiencing Overwhelm and Trauma....



Guilt, fear, grief

Anger and cynicism

Helplessness, hopelessness

Disheartened, dispirited

Confirmation bias

Cognitive overload

Inability to see options

Grandiosity

Diminished creativity

Addictions

Rigid or controlling behavior

Dissociation

Impulse control issues

Strained relationships

Loneliness / isolation

Difficulty empathizing

Sense of persecution

Chronic exhaustion

Physical ailments

Fight/flight/freeze

Saturated nervous system

**Caregiver
Burnout**



**Secondary
Traumatic
Stress**



**Compassion
Fatigue**

Compassion Fatigue





Cognitive

Intrusive memories,
confusion, rigidity,
self-doubt, disorientation,
self-harm thoughts.



Social

Overprotective, withdrawn,
isolation, indifference,
loneliness, decreased intimacy,
lack of interest to socialize.



Emotional

Anxiety, depression, fear,
sadness, anger, rage,
depleted, overwhelmed.



Physiologic

Body aches, dizziness,
breathing difficulties, impaired
immune system, rapid
breathing/heartbeat.



Behavioral

Hypervigilant, sleep
disturbances, elevated startle
response, appetite changes,
moody, impatient.

What Are We Doing About Caregiver Burnout and Secondary Traumatic Stress?





Free &
low-
barrier



Serves
caregivers of
all ages



Care planning
and referral
by phone



Evidence-
Informed



All family
caregivers
welcome!



Family Caregiver Navigator



caregivernavigator.org



208-426-5899



info@caregivernavigator.org

Since our launch in September 2020...

1,327



Caregivers have been in contact with a Navigator

752



Cases have been entered into the system

1,071



Initial & Follow-up Assessments have been conducted

538



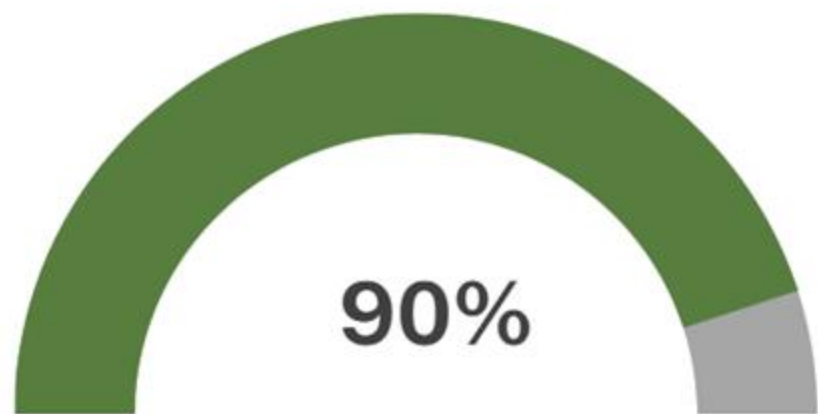
Care plans have been completed

Family Caregiver Navigator Intervention Model



HOME-BASED CARE

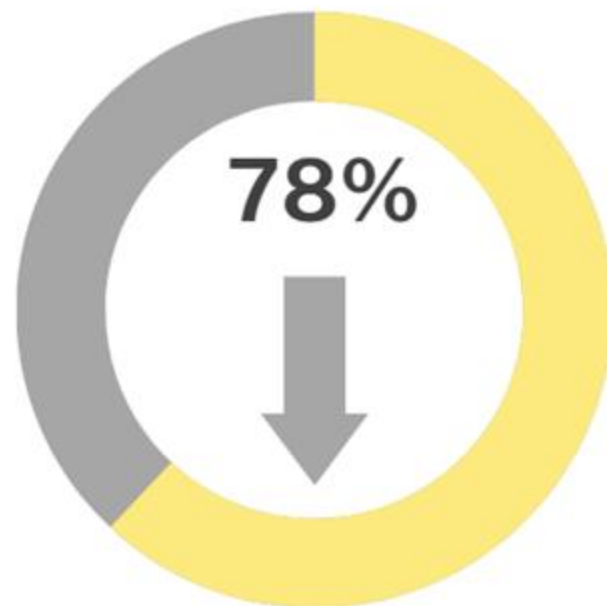
Caregivers were able to maintain or decrease their intent to place their care receiver



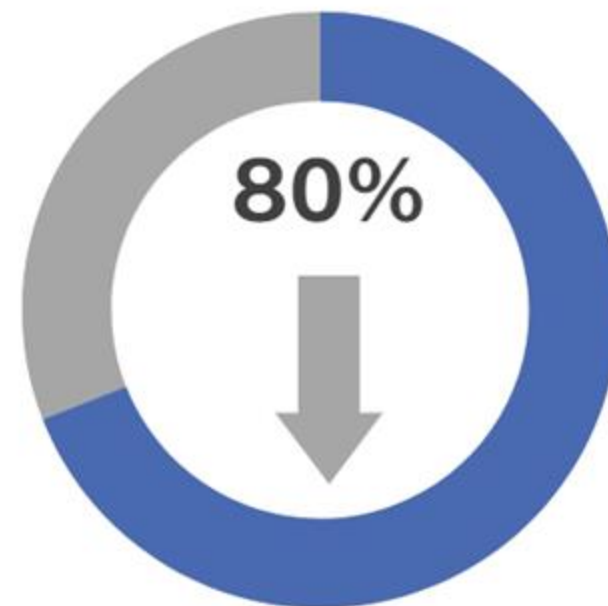
IMPROVEMENT IN WELL-BEING

Scores improved or remained the same from initial assessment to three-month follow-up assessment

Depression



Identity Discrepancy



“I'm realizing how much we both need to grow our support system, reach out and ask for help, and find community with others who can understand our circumstances and experiences.”



“This program has provided me with a care plan packed with resources for myself and my care recipient.”



“I wish I would have found out about you a year ago.”



Recent Testimonial:

"Since August I have followed my care plan and made a lot of changes to help myself and help my [care recipient]. I took PTC and it was really helpful and I also connected to a support group. Now I am focusing more on my own needs, making time for myself, and I've lost 40 pounds. I am making time to walk and be healthier. I was able to talk with my adult kids about needing more support and they have started helping out more, coming to help mow the lawn and small things that take some of the burden off."



Connecting With Family Caregiver Navigator



caregivernavigator.org



info@caregivernavigator.org



208-426-5899



Refer a Caregiver



Take the caregiver screener

Caregiver Referral Form

Please notify the person you are referring that they will be receiving a call from 208-426-5899. Following submission, an email confirmation will be sent to the referring party and the Navigator. We will make 2 attempts to contact the caregiver within 48 business hours.

Referring Organization *

Name of Individual Making Referral *

First

Last

Email of Individual Making Referral *

Name of Caregiver *

First

Last

Best phone number for caregiver *

Help them with errands or tasks



Provide emotional and/or social support

Check-in with them



Share information about caregiver resources

Encourage them to meet their own health needs



How can we all support caregivers?

Keep them feeling included



Support caregiver-friendly workplace culture

Recognize caregivers in your life (even you)



Listen to the needs of caregivers

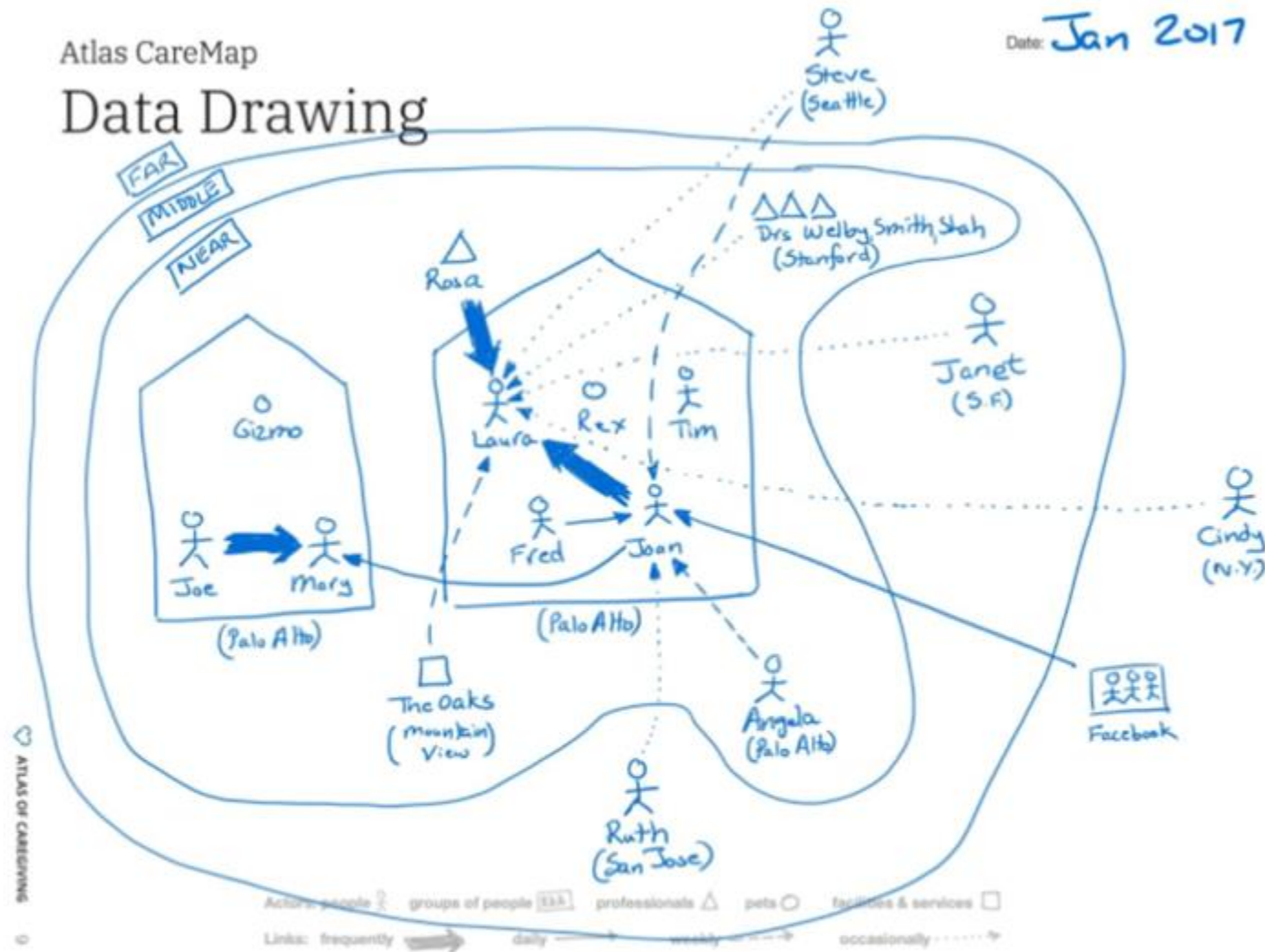
Help with transportation



Atlas CareMap

Data Drawing

Date: Jan 2017



SAMPLE CAREMAP, BY JOAN



ATLAS OF CAREGIVING

www.atlasofcaregiving.com

“

“As an immigrant, with the rest of my family far away, I always thought that I was alone. But in drawing my CareMap I realized how close I am to the people I work with.

They're not just co-workers, they're friends ... in fact they're 'family'. I am not alone. It was amazing to discover this!”

”

SAMHSA Eight Dimensions of Wellness



The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.



Acknowledge **5** things
that you can see
around you.



Acknowledge **4** things
that you can touch
around you.



Acknowledge **3** things
that you can hear
around you.



Acknowledge **2** things
that you can smell
around you.




Acknowledge **1** thing
that you can taste
around you.

#DeStressMonday

DeStressMonday.org

DE STRESS
MONDAY



inhale



*Thank you
caregivers!*

YOU ARE (STILL) THE BEST.





Idaho Caregiver Alliance



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@idahocaregiveralliance



Idaho
Caregiver
Alliance



We look forward
to hearing
from you!

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Caregiver Resources

[Calm.com Breathing Bubble](#) - One minute of breathing

[Compassion Fatigue Awareness Project](#) - Compassion fatigue and caregivers

[Destress Mondays](#) - Quick tips for stress reduction

[Eight Dimensions of Wellness](#) - Guide to dimensions of wellness

[Family Caregiver Navigator](#) - Free support for Idaho Caregivers

[Greater Good Magazine](#) - Science-Based Insights on meaning

[Idaho Caregiver Alliance Events](#) - Presentations from the Idaho Caregiver Alliance

[Loving Kindness Meditation](#) - A meditation for wellness

[National Alliance for Caregiving](#) - National caregiving resources and information

[Professional Quality of Life Scale](#) - Assessment and self-care tools

[Self-Care Wheel](#) - Free tools from Olga Phoenix

[The Trauma Stewardship Institute](#) - Trauma-focused images and information

Professional Resources

Idaho

Aging Strong – <https://www.agingstrong.org/>

Alzheimer’s Association, Greater Idaho Chapter - <https://www.alz.org/idaho>

Idaho Commission on Aging - <https://aging.idaho.gov/>

Idaho Parents Unlimited - <https://ipulidaho.org/>

Family Caregiver Navigator - <https://caregivernavigator.org/>

FYIdaho - <https://www.fyidaho.org/>

Idaho Caregiver Alliance - <https://idahocaregiveralliance.com/>

Idaho Careline – www.211.idaho.gov

Idaho Kinship Program - <https://healthandwelfare.idaho.gov/services-programs/children-families/child-and-family-services-and-foster-care/about-kinship-and>

NAMI Idaho - <https://namiidaho.org/>

Nationwide

AARP Caregiving - <https://www.aarp.org/caregiving>

Family Caregiver Alliance - <https://www.caregiver.org/>

Health in Aging Caregiver Assessment - <https://www.healthinaging.org/tools-and-tips/caregiver-self-assessment-questionnaire>

USA.Gov Caregiver Support - <https://www.usa.gov/disability-caregiver>

Veterans Affairs Caregiver Support Program - <https://www.caregiver.va.gov/>



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Disclaimer: The contents of this presentation are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, the U.S. Government, Centers for Medicare and Medicaid Services, the State of Idaho, or the Idaho Department of Health and Welfare.



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