Understanding Caregiver Stress and Self-care Strategies

A Program Sponsored by the Pastoral Care Team

with Maureen Burns (she/her/ella) of the HAP Foundation

Tuesday, January 24th 7-8:30 pm

at UCE and on Zoom

Description: Taking care of a friend or family member is definitely a labor of love. However, caregiving can also be extremely stressful. This presentation will discuss the physical, emotional, and financial stressors that caregivers may face. We will also explore tips and strategies for self-care. Caregivers need to take care of their own well-being in order to be able to care for another person.

Outcomes: Participants will hear current caregiving statistics and facts. They will engage in discussions about the stressors that caregivers face. Participants will be provided with strategies for self-care and resources that may help caregivers navigate their many responsibilities. We will encourage attendees to think about their own experiences with caregiving, past, present, and future; and how to prioritize their own wellbeing. Participants will be introduced to the Community Resiliency Model (CRM), a biological model that uses simple skills to grow resiliency and manage toxic stress and trauma.

Presenter Bio: Maureen Burns (she/her/ella) is a Community Health Worker /Promotora de Salud with The HAP Foundation. The HAP Foundation is a nonprofit leader with a refined focus to elevate access to and increase understanding of serious illness and hospice and palliative care through community and clinical education, workforce development, research, and advocacy. Maureen works in and around Rogers Park, providing free community education and linking patients and loved ones to resources within their community. She has over 15 years of experience working in health care and a Bachelor of Arts degree in community health, culture, and aging. She also has experience as caregiver.

The HAP Foundation

Hospice and Palliative Care Research & Education

https://zoom.us/j/92482624998

Meeting ID: 993 4382 4838

Passcode: 736853

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