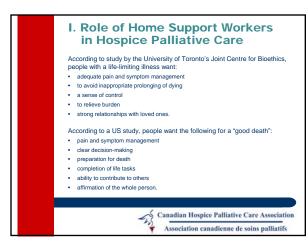
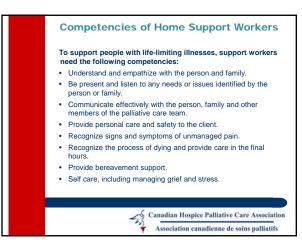


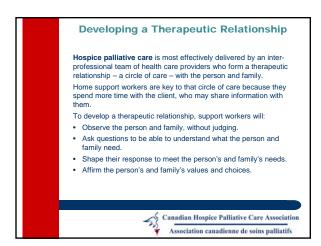
Goals

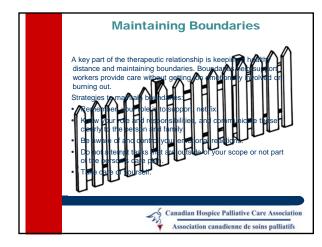
- To discuss the role of the home support worker in the integrated palliative approach to care, including developing a therapeutic relationship and maintaining boundaries
- 2) To recognize the grief process of health care providers3) To learn ways of coping with stress.

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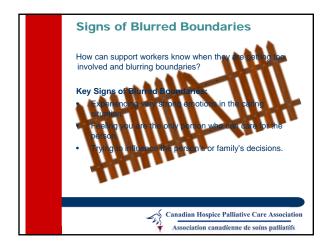














Exercise: Maintaining Boundaries

Case Study:

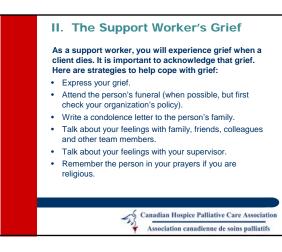
While on your way to visit your client who has advanced pancreatic cancer, her husband asks if you can stop at the store to pick up milk because he hasn't been able to leave his wife all day. Lately he has been asking you to stay longer than you are paid for while he runs errands and to do extra household work.

You have been caring for his wife for close to a year and think very highly of the whole family. You want to help your client's husband because he has little help and is always very nice to you.

Question:

How would you manage this situation?

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Exercise: Strategies to Cope with Grief

Scenario #1:

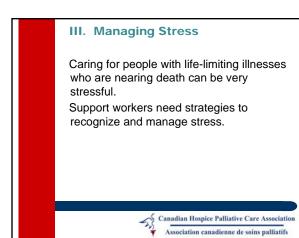
A person you have been visiting for a number of months died before your visit. You never had a chance to say good-bye and you feel something is unfinished. How can you resolve your unsettled feelings?

Scenario #2:

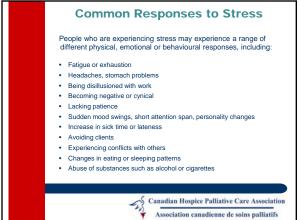
You were shocked to learn that one of your clients was found dead in his apartment. Thinking back on your previous visit, you remember him being quiet and not interested in finishing the meal you prepared. You begin thinking that maybe if you had reported the change to your supervisor, he would not have died. How do you deal with your feelings?

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Strategies to Reduce Stress

To reduce stress and prevent burnout, support workers should consider the following strategies:

- Take time out
- Plan a decompression routine between work and home, such as reading a book
- Maintain good personal care including healthy eating, exercise and sleep
- Grieve client losses acknowledge your feelings
- Use your support system let others around you know when you are sad
- Recognize your own limitations set reasonable
 expectations and avoid being the "super" support worker.

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