

Compassion Fatigue... Preventing Burnout in the Helping Professions



PURPOSE

Those in the helping professions have high rates of stress or burnout. To some extent, this is a by-product of our fast-paced culture and the organization of our health and human service systems. However, those working in these professions can often take steps to prevent or alleviate burnout in their own situations. This workshop will help professional caregivers to identify the signs of burnout and take actions to maintain a balance in their careers.

SPEAKER

Paula M. Taliaferro, MGS, LSW has recently returned to work at COAAA as an Aging Program Outreach Specialist. For over a decade, she worked as an education consultant for the agency, developing and presenting aging-related curriculum. Training topics she has developed include: "Sensitivity to Aging"; "Communication with Older Adults"; "Medicare, Medicaid and Related Issues"; "Caregiving in the Home"; and "Older Women's Issues". Paula holds a Master's degree in Gerontology from Scripps Gerontology Center at Miami University and a license in Social Work in the State of Ohio.

OBJECTIVES

At the conclusion of this workshop, participants will be able to:

- Describe signs of stress and burnout for professional caregivers.
- Identify the common characteristics of those who maintain a positive or balanced outlook.
- Describe 13 ways to avoid burnout and maintain a balanced outlook.

HOURS

3.0 Social Work Clock Hours (#RSX059002) 3.0 BENHA (#232-C-10)
3.0 Counselor Clock Hours (#RCX109207) 3.0 ODODD (application has been made)

The Ohio Board of Nursing accepts events approved for Counselors & Social Workers for Continuing Nurse Education Contact Hours.



Central Ohio Area Agency on Aging

174 East Long Street, Columbus OH 43215

614-645-7250 1-800-589-7277 www.coaaa.org

email: coaaa@coaaa.org

FEE \$55.00

The workshop fee includes coffee, tea and handouts. Lunch is not included.

LATE REGISTRATION: \$65.00 (after 8/31/10)

A **REFUND** will be made **ONLY** for cancellations received **5 work days** prior to the event. If less than 5 days, a credit can be issued for use at another program within the next year. If notice of cancellation is not received before the date of the program, no credit can be issued. Any checks returned will be subject to a \$15 bad check fee by the City of Columbus.

**PLEASE
NOTE**

Room temperatures can be difficult to control; dressing in layers adaptable to warm and cool temperatures is recommended. A map and directions are included in this brochure. For events at the COAAA Long Street facility, you must pay to park; there is **no free** parking downtown. The COAAA is not responsible for fees or fines. The COAAA does not discriminate on the basis of race, color, sex, religion, sexual orientation, national origin, age or disability. If you need special accommodations due to a disability, please indicate so on the registration form.

DIRECTIONS



Route I-71 to the Broad Street exit. West on Broad Street to 4th Street. North on 4th Street two blocks. The Central Ohio Area Agency on Aging (COAAA) is at the northeast corner of northbound 4th Street and eastbound Long Street.

Parking is available at a variety of lots within a two-block radius. Cost is between \$3.50 and \$8.00 for the day. Some lots require exact change. (The COAAA parking lot is for staff only.) There is no free parking in downtown Columbus.

A list of nearby parking locations will be mailed upon receipt of registration.

★ COAAA - 174 E. Long Street

REGISTRATION FORM

DEADLINE AUGUST 31

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Name: _____ Phone: (____) _____

Agency: _____ Email: _____

Address: _____ Cty/St/Zip: _____

Special accommodations needed due to a disability: _____

Registration Fee: \$55.00 (*lunch is not included*)

Late Registration Fee: \$65.00 (*after 8/31/10*)

Purchase Order Attached: # _____ \$ _____ Federal ID # _____

Make checks payable to **City of Columbus**, & mail with registration form to: COAAA Training & Education
174 East Long St, Columbus OH 43215

If using a purchase order, please attach a copy to the completed registration form. Questions? Call (614) 645-7250 or 1-800-589-7277; fax (614) 645-6146. COAAA will not accept registrations over the phone or fax without a purchase order number.