AMANDA WARING : DIGNITY and Compassion fatigue

As a council member, film maker, author and trainer I was delighted to be one of the speakers at our London Dignity in Care Conference 2016 where I spoke about burnout as a dignity issue and supporting emotional and spiritual needs. This year on dignity action day I carried on that theme with my compassion fatigue and end of life workshop for 50 carers ,both professional and volunteers.

"**Compassion Fatigue** is a state experienced by those helping people in distress; it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the helper." Dr. Charles Figley.

We are losing so many good staff and volunteers though absenteeism where compassion fatigue is often the cause.

Incidents of neglect, breaches in dignity and abuse in health and social care can also be the result of compassion fatigue and an inability to Care how we Care or see the need for Caring for the Carer.

That is why I explained in this day how important it was to look for warning signs for compassion fatigue, seek ways to alleviate this , and help them care for themselves too.

Positive results include greater staff retention, increased motivation, stamina, mental physical and emotional health, resilience, self care and a renewed passion for the work that we do.

In the workshop I shared my personal experience of compassion fatigue whilst caring for both my parents at end of life. We had a practical hands on session with lots of time to discuss the subject and also create a personal action plan. We looked at the dignity issues that can occur at end of life and positive solutions to put in place. My films What Do You See? and The Big Adventure highlighted subjects of good care and good communication at end of life.

It was an emotional but empowering dignity action day, with a wonderful and engaged group of attendees.

“when we put ourselves at the heart our own care we are better able to care for others”

I am taking these workshops throughout 2017 and please contact me [amandawaringfilms@gmail.com](mailto:amandawaringfilms@gmail.com) if I may be able to help you, or your organisation. www.amandawaring.com

