

Hospice Retreat

This one day retreat, “Re-Centering Yourself as a Caregiver” was designed to help hospice personnel look at their role as a caregiver, process experiences, learn new skills and enhance old ones, and create a system of self-care. The workshop/retreat forum consists of a mixture of lecture/training, group work, experientials and guided imagery.

When a caregiver becomes out of balance physically, psychologically and emotionally the result becomes an undesirable effect both on the health and safety of the caregiver, on the health and effectiveness of the organization and on the quality of care given to the patient/family. Responding to and acknowledging that human component ultimately provides caregivers the opportunity to debrief and process their daily work with terminally ill people, increases their effectiveness and longevity, and creates a healthier work environment in which to provide quality patient care.

The goal of any Hospice is to provide compassionate, holistic, high quality care for persons and their families diagnosed with a limited life expectancy. Achieving consistent quality care within hospice is the result of changing from business-as-usual to proactively acknowledging and addressing the demands of hospice caregivers within the limits of the human condition.

The demanding and emotionally complicated nature of hospice work can lead to self-doubts and distressing thoughts and feelings about oneself and ones work as a caregiver. WCPA assists hospices in maintaining a healthy work environment which facilitates a climate of support, addresses burnout, and enhances staff morale, productivity and effectiveness.

Objectives

- Obtain a greater understanding of how personal experiences and emotional issues impact the caregiver and their connection to the hospice community.
- Explore the dynamics and impact of grief and loss.
- Create a foundation of healthy boundaries and effective communication skills within the helping relationship.
- Enhance morale and caring effectiveness by reducing stress, burnout and anxiety.
- Facilitate a climate of supportive teamwork.
- Improve self-care, coping and system support.

Presentation Topics

- You As a Helper – This session focuses on the caregivers as an idealistic, compassionate and altruistic person with unique goals and motivations, struggling to meet the challenges of being emotionally involved as a helper without burning out.

- **Finding Balance** – This session explores the dynamics and impact of grief and loss and begins to look at the role of support in coping and stress management.
- **Communication Skills for Effective Helping** – This session presents communication skills and skill development, creating healthy boundaries in the helping relationship and dealing with difficult cases.
- **Creating Caring Systems** – This session begins to look at the role of self-care, support groups, personal/professional growth and self-nurturing.