

## Burnout and compassion fatigue:

A two-part webinar series for health service providers supporting older adults

Presented by



## Burnout and compassion fatigue: A two-part webinar series for health service providers supporting older adults

### Webinar series developed by:

Provincial System Support Program, CAMH

Mental Health Works, CMHA

Older Adults Centres' Association of Ontario

### Audience

This webinar series is designed for Ontario health service providers working with older adults (65+).

### Webinar Series Description

This webinar series provides an overview of the evidence for burnout and compassion fatigue that health service providers may experience when caring for older adults, along with its connection to mental health and well-being. The series also outlines tools and strategies that providers can use to mitigate and cope with compassion fatigue and burnout. Following the webinar, service providers will be able to integrate the self-care strategies and tools into their work with older adults in order to encourage positive mental health.

By the end of the webinar series, participants will be able to:

1. define burnout and compassion fatigue and how they impact health service providers who care for older adults
2. recognize the signs and symptoms of burnout and compassion fatigue, as well as the tools and supports to mitigate or cope with these issues
3. learn about and experience the self-care practice of mindfulness and how this can support health service providers and older adults to maintain positive mental health.

*Information on related and available resources will be provided at the end of each webinar.*

### The webinar is divided into two parts:

#### Part 1: Evidence, tools and resources

Thursday August 6<sup>th</sup> from 12:00-1:00pm - [To register for Part 1 click here.](#)

Part 1 of this webinar series focuses on providing health service providers of older adults with an overview of the evidence related to burnout and compassion fatigue, the tools and strategies that they can use to mitigate and cope with these

issues, as well as the available resources to support themselves and the older adult populations they serve.

**Part 2: Reducing burnout and compassion fatigue with mindfulness**  
Thursday August 13<sup>th</sup> from 12:00-1:00pm. [To register for Part 2 click here.](#)

Mindfulness is one strategy that health service providers of older adults can use to help themselves to cope with burnout and compassion fatigue. After this webinar, providers will be able to use mindfulness to increase their overall mental health and well-being, as well as the mental health and well-being of the older adult populations they serve.

Part 2 of this webinar series will provide health service providers of older adults a deeper look at the practice of mindfulness. This webinar will also offer participants the opportunity to virtually participate in a guided mindfulness exercise. The mindfulness exercise will support participants in learning how to apply the evidence and theory behind mindfulness into their practice.

Thank you,

