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## As Death Draws Near: Supporting the Care-giver



Dr. Jane A. Simington, PhD.

Much care-giving for a dying person is provided by volunteer caregivers, many of whom are family members. While being with a dying person can leave caregivers emotionally and spiritually touched in many ways, the numerous challenges and stressors that surface during this life altering experience also increases the possibility of compassion fatigue.

*As Death Draw Near* is about increasing your knowledge of the dying process in an effort to lighten your care-giving load. It is about learning some easily applied wholistic self-care strategies so you will be more able to look back and remember the joy, the intimacy and the privilege it was to help, to love, and to care.

### During our time together you will:

- 1) Increase your knowledge of the physical, emotional and spiritual aspects of dying.
- 2) Gain awareness of some basic comfort measures to help alleviate suffering.
- 3) Examine the emotional and spiritual benefits of caring for a person who is dying.
- 4) Examine the possible challenges and stressors and explore ways to alleviate the stressors and reduce risk of compassion fatigue and burnout.
- 5) Experience a number of self-care strategies and review a number of other, easy to apply self-nurturing and personal growth strategies.