

Building Compassion-Based Relationships with Families & Other Caregivers

Section 12

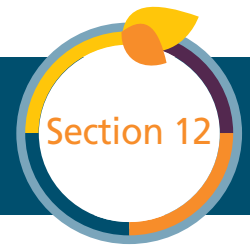
Staff Support



Circle Agenda

Circle Topic	CR Section 12: Building Compassion-Based Relationships with Families & Other Caregivers
Planning	<p>Send the introduction document from Section 12 in the online toolkit at least 4 days prior to the circle to all participants.</p> <p>Remind leadership of the following points:</p> <ol style="list-style-type: none"> 1. This section begins the wellness practices portion of the toolkit. Your participation in the conversations as a peer-learner for personal wellbeing will provide opportunity for you to make authentic and personal connections with the group. 2. The wellness sessions should give you insight into potential wellbeing supports that you can offer to all staff. <p>For the full leadership preparation document, please visit this page.</p>
Purpose of Circle/ Learning Objectives	<p>We are learning how to create collaborative relationships with families and other caregivers that enhance client supports and prevent compassion fatigue for both the family/caregiver and service provider.</p>
Materials/ Preparation/Time	<p>Time: 45-50 minutes</p> <p>Materials:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Circle kit <input type="checkbox"/> Values and shared agreements created in first session <input type="checkbox"/> Blank journaling paper <input type="checkbox"/> Writing utensils <input type="checkbox"/> Copies of the following for all participants: Responding to Challenging Interactions with Families <p>Set-up: Up to 15 chairs arranged in a circle without furniture in the middle.</p> <p>To consider: Understanding Your Social Location as a Facilitator – Active Bystander Intervention: Training and Facilitation Guide.</p>

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<p>Welcome/Check-In (5 minutes)</p>	<p>Successful health and human services provision is truly a team sport. Just as our own wellbeing is not dictated by our individual strengths or efforts, so too is the health and wellbeing of the people we serve. There are a multitude of players – from clients, families, service providers, organizational staff and leaders, and others in the community – and we must consider and engage with each these players to be effective and resilient in our own roles.</p> <p>(Go-around) Share a brief example of a positive interaction you had in the last week with one of the “players” mentioned in this quote.</p> <p>Explain: When it comes to the health and human services field, interacting with the families and other caregivers of the people you serve can be an integral part of your work.</p> <p>In the circle today, we will be talking about our relationships with these families and caregivers. And when we use the term caregiver, we are referring to parents, children, legal guardians, partners, friends, spouses, and whomever else may be a primary caregiver for an individual.</p>
<p>Mindful Grounding (5 minutes)</p>	<p>Putting self-check from Compassionate Action Steps into practice:</p> <p>Practice a grounding activity that can be used prior to meeting with a client’s family/caregiver. Select from any of the grounding activities from previous circle agendas.</p> <p>Bring to mind a client’s family or caregiver where you are struggling to build rapport. Consider the following beliefs adapted from the core concepts for client, family, and caregiver engagement as you picture this family or caregiver:</p> <ul style="list-style-type: none"> • Just like me, clients and their families/caregivers are worthy of respect and dignity. • Clients and their families/caregivers make the best decisions for themselves and their loved ones based on the information they have. • Clients have the right to define “family” and to determine how they will participate in care/services and decision-making. • The responsibility for cultivating and sustaining partnerships among health-related organizations, providers, caregivers, and community rests primarily with service providers and leaders.
<p>Guiding Questions (20 minutes)</p>	<ol style="list-style-type: none"> 1. (Go-around) Share an example of a challenging behavior by a family member of caregiver that you have experienced in your role at your agency or organization. (The facilitator should make a list of behaviors participants share out.) 2. (Go-around) What are some potential meanings behind any of the behaviors listed? What feelings are associated with those behaviors? (The facilitator should make a list of feeling words shared.) 3. Handout: Responding to Challenging Interactions with Families. (Give participants a couple minutes to read the article.) 4. (Individual Reflection) Go back to the challenging family or caregiver behavior you shared. Plan what you now think would be a helpful/compassionate response based on the perspectives shared in the circle and the reading.

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Putting it into Practice (10 minutes)	(Go-around) What is one discovery or technique discussed today that will have a positive influence on your compassionate action with families or other caregivers?
Closing (5 minutes)	(Go-around) Share a word of gratitude based on your experience building compassion resilience with the group. Share quote with circle participants as a closing thought for your time together: <i>"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."</i> – Barack Obama