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Compassion Fatigue

FROM DEL: I was searching an article, *Moving From Compassion Fatigue To Compassion Resilience*, from dailycare.com in my files, and found this web page at dailycare.com, I had to share what I found below. You will have to go to their website and paste in the title to get to the story. Sorry To be honest, I get two or three emails from them each month, that are always good. Obviously, I have not done any deep dives into their website, but will in the future. I do have their permission to share their work. Save this for your own search later. Doing it like this is much harder than forwarding single articles. 😞 But I can see how this might reach more people. Please let me know if it was helpful.



Preventing Caregiver Burnout In 2026: 6 Realistic Micro-Self-Care Habits For Daily Life



Three Warning Signs Your Loved One's Care Needs Are Changing

If your loved one's eating habits, hygiene, or memory



7 Ways To Reduce Dementia Sundowning Symptoms

Some studies say that sundowning affects up to 20% of people with Alzheimer's. And, it can also affect older people who don't have dementia.



The Top 10 Reasons Aging Adults Lose Their Appetite

If a loved one is eating less, understanding the root cause is the first step to helping them regain a healthy relationship with food.



Two Common Myths That Can Increase Caregiver Guilt

If you're a caregiver, you probably know this feeling all too well: that heavy, sinking sensation that you're not doing



7 Tips For Seniors And Caregivers Managing Dysphagia

For the estimated 6 million seniors affected by dysphagia, the simple, life-sustaining act of swallowing can become a daily source



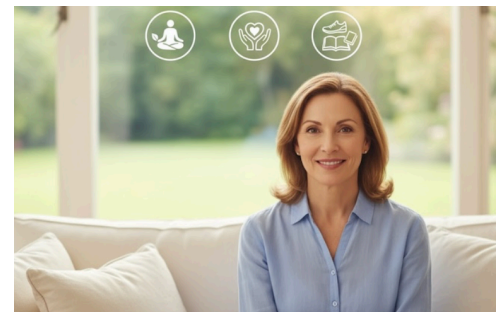
What Is Caregiver Burden? 4 Common Signs

Caregiver burden is the silent, heavy weight that settles in during sleepless nights and lingers in the background of your



Keeping A Dementia Journal Makes Caregiving Easier: 7 Things To Track

Caring for a loved one with dementia can feel overwhelming, but keeping a dedicated dementia



3 Strategies To Prevent Caregiver Stress And Burnout

Caregiver stress has a way of creeping up on you. It starts as a low hum of fatigue in the



How Palliative Care Can Improve The Lives Of Aging Adults

When an aging loved one faces a severe, chronic, or terminal illness, the focus of care often shifts to managing



10 Strategies For Dealing With Dementia And Anger Issues

Imagine a world where everyday tasks like brushing your teeth or choosing a shirt feel like an unsolvable puzzle. For



Compassion Fatigue: 8 Coping Tips For Caregivers

That feeling of being completely drained, emotionally numb, or even secretly resentful toward the person you're caring for is more



Veteran Caregiver Support: 5 AARP Resources

In recent years, veteran and military caregivers have taken on more responsibilities along with increased isolation, stress, and anxiety. Caregiver



5 Ways To Add Laughter To Caregiving

Caregiving is a challenging responsibility that increases stress and contributes to burnout and compassion fatigue. One effective way to mitigate



7 Tips For Seniors And Caregivers Managing Dysphagia

For the estimated 6 million seniors affected by dysphagia, the simple, life-sustaining act of swallowing can become a daily source



Caregivers Should Listen To The Most Relaxing Song Ever Recorded

In the relentless and emotionally demanding role of caregiving, moments of true respite can feel scarce and fleeting. While self-care



6 Tips For Caregivers To Set Realistic Boundaries And Expectations

When you're caring for an older adult, it can be difficult to set the boundaries and expectations you need to