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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



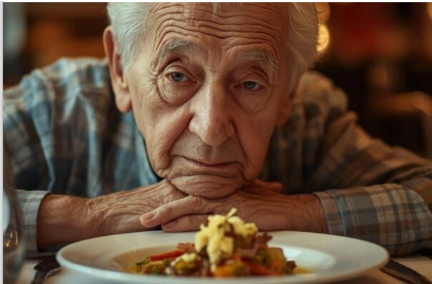
Three Warning Signs Your Loved One's Care Needs Are Changing

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



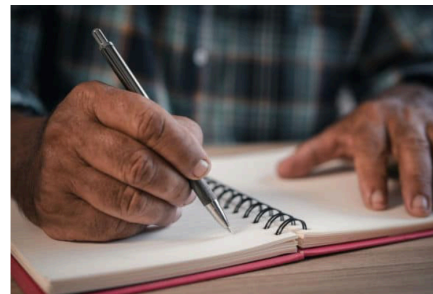
7 Tips For Seniors And Caregivers Managing Dysphagia

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



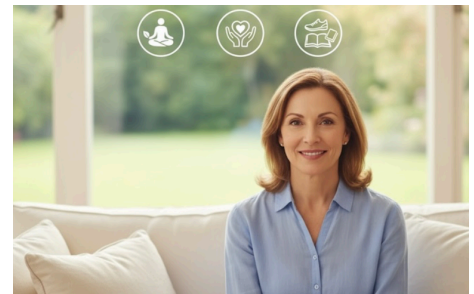
What Is Caregiver Burden? 4 Common Signs

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