CARING FOR CAREGIVERS- Resource Guide

Caring for Caregivers: A Critical Component of Improving Childhood Wellbeing
(Back2Back Ministries, Lamb International, & Orphan's Promise)

This collection of resources includes surveys and handouts that can guide caregivers of children from hard places, as well as those who work with caregivers, in assessing and treating caregiver health. Handouts include surveys to measure expectations, self-care and the effects of caregiving, questions to guide processing, a checklist on recognizing the early signs of caregiver stress, a self-care grid, a support map, and a professional quality of life scale. These simple resources will be a helpful addition to any caring for caregivers toolbox, and would be adaptable for a variety of cultures and settings.

Recognizing and Understanding Your Expectations   (Spanish version)
When a Child's Trauma Clashes With Ours
Effects of Caregiving (Spanish version)
Compassion Satisfaction and Fatigue
Self-Care Assessment (Spanish version)
Tips for Self-Care (Spanish version)
Self Care Plan (Spanish version)
Circles of Support (Circulo de Apoyo)
Supporting Caregivers

Secondary Traumatic Stress: A Factsheet for Child-Serving Professionals
(The National Child Traumatic Stress Network)

"Individual and supervisory awareness of the impact of this indirect trauma exposure—referred to as secondary traumatic stress—is a basic part of protecting the health of the worker and ensuring that children consistently receive the best possible care from those who are committed to helping them. "

Being regularly exposed to a child's trauma can create an indirect trauma response, often called "secondary trauma." Although preventative measures are important, there may be situations in which even those caregivers with excellent self-care and support experience secondary trauma. This resource provides information on who is at risk, identifying secondary trauma, prevention, and intervention, as well as a robust list of further resources. Although written for helping professionals, this content can be incredibly helpful for direct caregivers, as well.

Additional Resources

Caregiver Nurture Groups: Leader's Guide with Lesson Plans
(Compiled and edited by Jayne Schooler)

Caregiver Nurture Group Journal
(Compiled and edited by Jayne Schooler)

Caregiver's Health is Strong Predictor of Orphan's Health
(Duke Global Health Institute)

Self-Care: Barriers and Basics for Foster/Adoptive Parents
(North American Council on Adoptable Children)

Promoting Resilience and Reducing Secondary Trauma Among Child Welfare Staff
(The Resilience Alliance)

The Cost of Caring: Secondary Traumatic Stress and the Impact of Working with High-Risk Children and Families
(Child Trauma Academy)

Developing a Parent-to-Parent Support Network
(North American Council on Adoptable Children)

Although CAFO recommends these resources for further exploration, it does not necessarily endorse all principles and views throughout, or agree with all opinions of each author.