SAMPLE LESSON / CAREGIVER WELLBEING

# Caregiver Strain, Relief & Supervision

Professional caregiver learning sample. Full course, credentials and enrollment are not yet available.

## LEARNING OUTCOME

Identify overload, request concrete coverage and distinguish worker-support duties from family-caregiver relief.

## RECOGNIZE STRAIN EARLY

Unusual exhaustion, irritability, concentration problems and repeated missed breaks are indicators to discuss—not individual moral failures.

## MAKE HELP SPECIFIC

For paid care staff, ask the supervisor to review assignment complexity, training, break coverage and workload. For family carers, identify one task someone else can cover.

## ESCALATE WHEN CARE MAY BE UNSAFE

A worker unable to safely complete an assignment must report the concern and follow coverage and incident policies; self-care tips do not substitute for staffing.

## TEACH-BACK QUESTION

How could you explain the first step to a new caregiver without reading from this page?

### ROLE AND SAFETY BOUNDARY

Follow the individual care plan, agency policies, and applicable state/payer rules. Seek supervisory or clinical guidance for new symptoms, pain, injury, or immediate safety concerns.

SCENARIO / PRACTICE / COMPETENCY

# Caregiver Strain, Relief & Supervision

Instructor or supervisor uses this sample for role play and observation.

## SCENARIO

A paid caregiver has missed multiple breaks while supporting a person who is distressed in late afternoons. A supervisor suggests only "try deep breathing."

## PRACTICE THE RESPONSE

1. Describe the workload and specific safety concerns factually.
2. Request a realistic relief or supervision plan with a responsible person and time.
3. Agree how to follow up if coverage is not provided.

## OBSERVED COMPETENCY / COACHING

- [ ] Describes workload objectively
- [ ] Requests specific help or coverage
- [ ] Uses agency escalation when safety affected

### INSTRUCTOR FEEDBACK

Observed strengths: _____

Practice again / next coaching step: _____