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(Grandparents Raising And Nurturing Dependents with Disabilities)



NEWS

September 2024

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Welcome Cartavia



Cartavia Conley, was born and raised in Jackson, GA. She spent the first half of her life on a farm owned by her grandparents. She attended the University of Kentucky and received her

Bachelor of Arts in psychology with a minor in sociology. After graduating, she moved back to Georgia to begin her career in the social services field. She's worked with various populations/organizations: DFCS, DOC, those experiencing homeless or financial insecurity, living with HIV/AIDS, experiencing substance use issues, mental health disorders, LGBTQIA+, and other populations. She recently graduated last May with a Master of Science in clinical mental health counseling with a concentration in trauma and crisis. Her passion is assisting people with restructuring their lives and finding new identities after experiencing trauma. Outside of her career, She loves being outside, enjoying nature, shopping, going to brunch, going to museums, rock climbing, sky diving, rollercoasters, laying on the beach for hours, and more.

Her motto: giraffes are better than humans 

Compassion Fatigue

Compassion fatigue is the term for the physical, emotional, and psychological toll that can occur when helping others. It can happen to those who are dealing with the long term physical and/or emotional needs of others, such as grandchildren, adult children, and parents. Kin caregivers may feel drained, disconnected, and exhausted after intense caregiving over a long period of time. It is important to remember that this doesn't mean that they don't love or care about their family members. If left unaddressed, compassion fatigue affects both the caregiver's well-being and their ability to care for loved ones.

You can help caregivers recognize when they have compassion fatigue and encourage them to get the support they need.

- Ask kin caregivers how they're doing. Even before taking on a child's care, kin caregivers may feel overwhelmed by their family situation. They may feel ashamed or angry, resentful or stuck, isolated or shut down.

Continued on next page



Compassion Fatigue Continued...

- Express empathy, striving to put yourself in the kin caregiver's situation. Acknowledge that they can't do it all and provide reassurance. For example: I hear you saying __. Many kin caregivers feel this way.
- Talk about possible changes that could make things better and connect kin caregivers with resources in your community: counseling, peer groups for kin caregivers, respite care, mindfulness/self-compassion practices, etc. Emphasize that they don't have to do this alone. Before giving advice, ask permission. For example: Would you like to talk about potential changes? or May I suggest some ideas or services that may help? To brainstorm together, you might ask questions like: What is the first issue you think needs addressing? What is your biggest concern right now? What is one thing you would change about your current situation? What questions are keeping you up at night?
- Remember to care for yourself too. People in the helping professions (you!) may also experience compassion fatigue. You need to take care of yourself, so you have the capacity to care for others. Taking steps to do the things that sustain you reduces stress levels, increases well-being, and helps you approach this difficult work with energy and compassion.

For full article check out:

<https://bit.ly/PGCaregiverFatigue> From Compassion Fatigue: Supporting Kin Caregivers Who Feel Overwhelmed, Generations United

Kinship Breakfast

The Neighborhood Church
1561 McLendon Ave NE,
Atlanta, GA 30307
Saturday, September 7th
9am-11am



Please stop by as we celebrate our kinship caregivers! RSVP: <https://bit.ly/ISDDDBreakfast>



Kinship Care Survey

The Kinship Care Participant Survey tool is administered twice a year and used to gauge participants' perceptions of the various programs impact on Kinship families. You will receive a survey if you have a case manager. Surveys may be completed online, over the phone, or mail. You may request a paper survey if you do not receive one in the mail. Please return your survey by September 30th. If you have any questions about the survey please contact our program manager Shantell, at (470) 310-3458.

YOU MATTER

Text. Call. Chat.

988 SUICIDE & CRISIS
LIFELINE



**WE WANT YOUR FEEDBACK!
TAKE THE SURVEY**

Client of the Month- Alice Washington

Each month we select a Project GRANDD caregiver to highlight so we can get to know each other.

Alice Washington is the grandmother of three grandchildren whom are all sisters. Arieyanna who she has had the longest is 16 and has been with her since she was 2 years old. Then there's Dalia, she is 9 years old and Ms. Washington has had her off and on since she was 1 year old, two of her grandchildren have Autism and ADHD, all of the girls have some sort of disability. Raising her grandchildren is not easy however, she wouldn't have it any other way, They keep her young at heart, they love cooking together, reading together doing educational things and hanging out at the library. The girls love watching animation TV shows, she personally loves her sports, they also enjoy and appreciate Project GRANDD for love and support we have shown her family, if she could give any advice to other caregivers raising relatives she says "stay the course because the lord is our shepherd we shall not want, remember he picks us to be that Beacon of sunshine for our relatives."



SUPPORT GROUPS

A light dinner will be served 6:00pm – 6:30pm during family meetings.

AM Virtual Adult Support 10AM-12PM	9/3- Grandparenting with Gusto! ADHD Edition Guest: Patrick Aaron-Brown- Amerigroup 360 https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546#	Google Meet: https://bit.ly/ISDDadult Phone: 256-581-5048 PIN: 611 544 546#
Gwinnett PM Family Support 6 PM-8 PM	9/9 – Planning for Success: Understanding Your Child's IEP Guest: Stephanie Dixon (Parent 2 Parent) RSVP: https://bit.ly/PGGwinnettPM or 470-310-3458	Spectrum Autism Support Group Inc.: 2997 Main St., Duluth *new RSVP: https://bit.ly/PGGwinnettPM or 470-310-3458
DeKalb AM Adult Support 10:30 AM- 12:30PM	9/10- Planning for Success: Understanding Your Child's IEP Guest: Stephanie Dixon (Parent 2 Parent) RSVP: https://bit.ly/DeKalbAM or 470-310-3458	DeKalb County Library: 3500 Covington Highway, Decatur RSVP: https://bit.ly/DeKalbAM or 470-310-3458
Fulton PM Family Support 6PM-8PM	9/17- Planning for Success: Understanding Your Child's IEP Guest: Stephanie Dixon (Parent 2 Parent) RSVP: https://bit.ly/FultonPM or 470-310-3458	Fulton Public Library: 1332 Metropolitan Parkway, Atlanta RSVP: https://bit.ly/FultonPM or 470-310-3458
DeKalb PM Family Support	9/24- Canceled-Resumes in October	Canceled-Resumes in October
Rockdale AM Adult Support 9AM-11AM	9/26- Support & Sharing RSVP: https://bit.ly/PGRockdale or 470-310-3458	Olivia Haydel Senior Center: 1240 Dogwood Drive RSVP: https://bit.ly/PGRockdale or 470-310-3458



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