



Self-assessment for Personal Support Workers

Name _____ Date _____

Title/Role _____ Organization/Location _____

- **Novice (N)** – may be experienced in psychosocial care but new to palliative care. Needs regular support.
- **Advanced beginner (B)** – can practice independently using some psychosocial skills specific to palliative care but still needs support.
- **Competent (C)** – mostly independent, occasionally seeks out support.
- **Proficient (P)** – autonomous practice, seeks out leadership opportunities.
- **Expert (E)** – highly proficient, is regularly sought out by others.



8 Self-care

8.1 Supporting healthy behaviours for self and team

- 8.1.1** Develop a self-care plan and regularly engage in healthy behaviours to help prevent compassion fatigue.
- N B C P E

8.2 Addressing compassion fatigue

- 8.2.1** Recognize and address compassion fatigue in self.
- N B C P E

Palliative care competencies and descriptions

Knowledge/skill level

8.3 Demonstrating self-awareness

- 8.3.1** Demonstrate self-awareness of own response to illness, death, and dying.
- N B C P E

TOTAL 8 Self-care

N B C P E