

Caring for caregivers

“You will have heard from Léonie’s aunt in LeMans that my poor child has left the school. As you can imagine this has vexed me terribly; more than that, the pain it has caused me is with me constantly. My sister was the only person whom I had hoped could reform the child, and I was sure that they would keep her; but in spite of all their good will it was impossible....

I doubt anything except a miracle can change her nature.

I know I do not deserve a miracle, yet I am still hoping against hope. The more difficult she becomes the more I become convinced that the good Lord will not leave her like this. I will pray so hard that I know He will relent. When she was only eighteen months old, Léonie was cured of an illness that should have killed her; why did God save her if he did not intend to be merciful to her?”



*St. Zélie Martin*

# The Face of Caregiving

In 2017, there  
were a reported  
65 million  
family caregivers  
in the U.S.

# Awareness!

November is Caregiver Awareness Month

This is a good time to offer particular prayers and perks!

- Particular Intentions and Blessings
- Manicures/pedicures
- Housecleaning
- Meals
- Gift Cards



# Caring for Caregivers: *Most Helpful*

- Offering to do something specific.
- Offer Holy Hours, spiritual bouquets, send handwritten notes of encouragement, and/or care packages.
- Continue to invite them to Baptisms/parties/holidays.
- Above all else, be a friend who's willing to sit and listen without judgment or offering unsolicited advice.

# Caring for Caregivers

## Most Helpful

- "checking in" on a regular basis from either the priest or (for example) someone who volunteers for a grief or bereavement ministry would be helpful.
- Having on hand particular resources, such as books, that pertain to different aspects of caregiving.
- On a parish website, including links to articles about self-care, inspirational books, or organizations/non-profits that might assist a caregiver with something specific (e.g., Alzheimer's resources).

# Caring for Caregivers

## *Least Helpful*

- Assumptions: that everything is going well, or that he or she is too busy, that he or she is taking care of him or herself, etc.
- “The look”, or related gestures, words.
- Offering cliched responses (like "everything happens for a reason" or "God gives special children to special parents like you").
- Isolating and ignoring.

# Caring for Caregivers: *Dreaming Big!*

- Mother's Helpers
  - Opportunity for young adults, or youth in Confirmation class.
  - House cleaning, cooking, babysitting.
- Particular opportunity for the parish office, or parishioners who own businesses...
  - Volunteer or paid opportunities for your parishioners who have disabilities.



# Caring for Caregivers: RESOURCES

Sabbath:

## *Self-Care, Support and Balance*

- A work/life balance is the enemy of burn-out and negativity.
- Opportunities to interact with peers offer support and encouragement, ideas, networking- and fights isolation.
- Many caregivers neglect self-care. They need to be encouraged to do the things they need to do to take care of themselves spiritually, physically, mentally, emotionally.

# Resources for Caregivers: Respite Care training

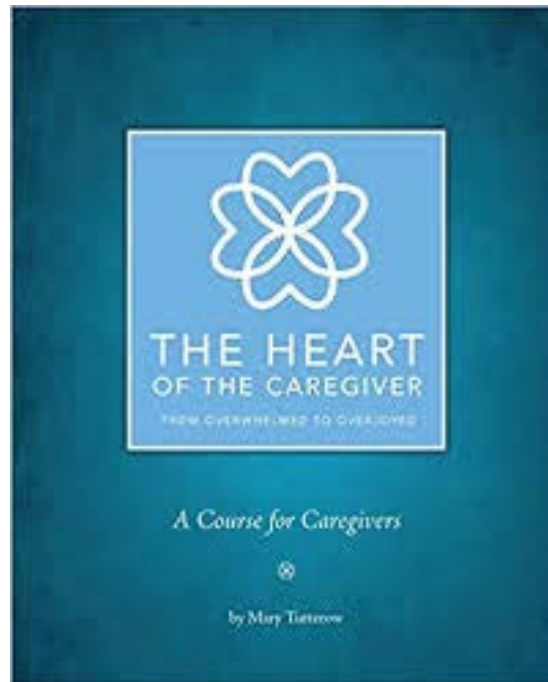


<http://restprogram.org/about-rest/rest-online-education/>

# Resources for Caregivers:

## Personal courses for Caregivers

- “The Heart of the Caregiver” (Mary Tutterow)
  - (online or book version- 10 Lessons)
  - <https://marys-school-a263.thinkific.com/courses/the-heart-of-the-caregiver>



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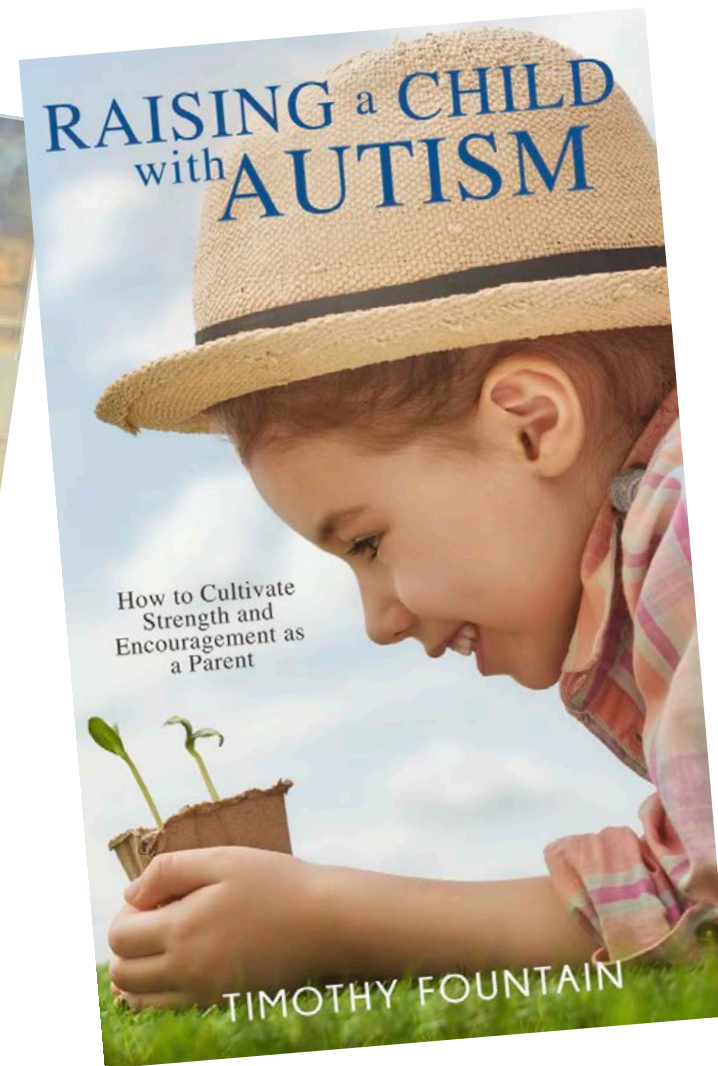
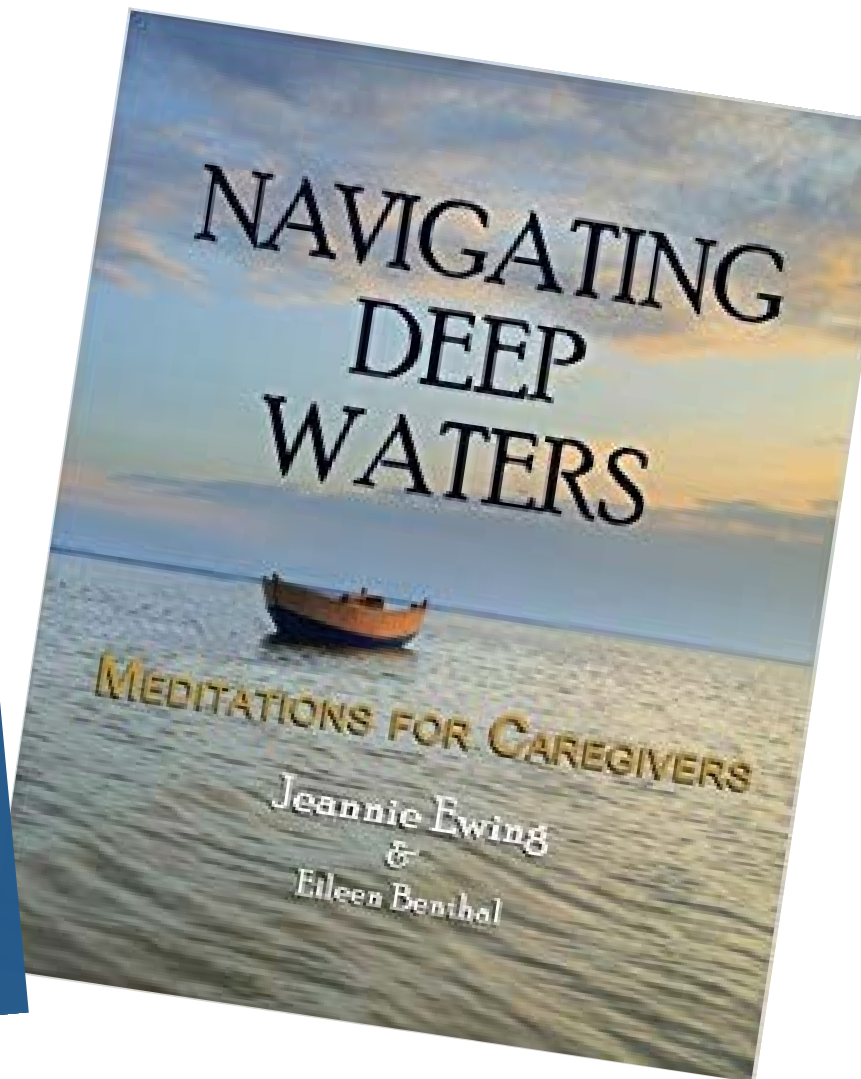
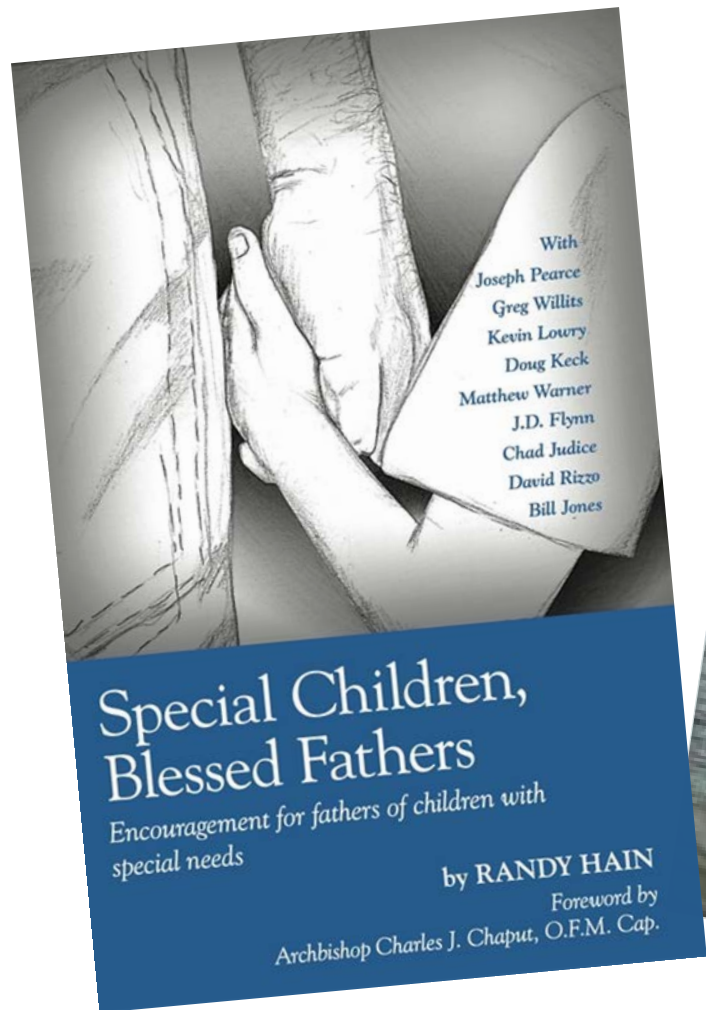
## Support Groups:



<http://nourishforcaregivers.com/>

“Nourishment for Caregivers Community: Soul2Soul”

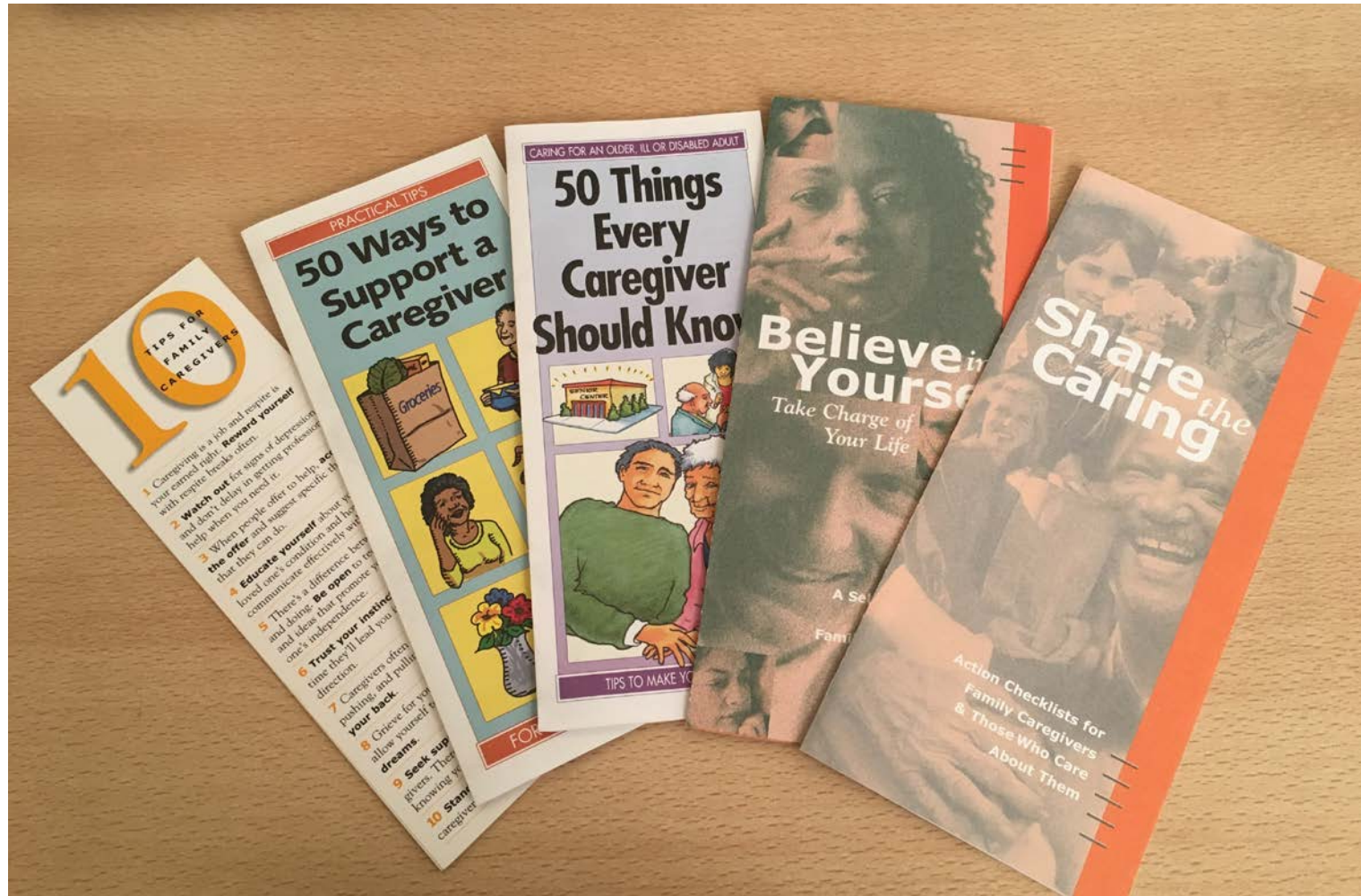
# Books and other resources for caregivers...





# Pamphlets

(Order At: <https://caregiveraction.org/> )



# Blogs and Websites:

- <http://marytutterow.com/>
- <https://caregivingstinks.com/>
- <https://jeannieewing.com/blog/>
- <https://caregiveraction.org/>
- <https://www.catholiccharitiesusa.org/find-help/>