

Care Giving

Care-Giving (an elderly relative, spouse, child with a disability)

You care a lot and you give a lot! You have most likely experienced joy, frustration, hope, exhaustion, doubt, spiritual nourishment, and spiritual dryness. Though your free time is limited, time with any of the following material is time well spent.

YourAgingParent.com - Spirituality, information and resources to individual caregivers

CatholicCaregivers.com - Training and educational material to dioceses and parishes

FSCJ.org Friends of St. John the Caregiver - A membership association (no meetings for fees!) offering spiritual support for: Those who need care; those who give care; those who assist others giving care.

CHURCH DOCUMENTS - "Blessings of Age"-a pastoral message from the U.S. Bishops; available on the USCCB website at <http://www.usccb.org/laity/blessings/index.shtml>.

BOOKS: (Can be borrowed by mail from the Family Life Office)

Coping as Caregivers by Pat Egan Dexter. The author writes from her own experience and the experiences of fifty other caregivers. She covers common problems and strategies, ideas for prayer and relaxation, games and exercises to play with the one you're caring for. Written to make the caregiver's and the care receiver's situation better, easier, and more fun.

A Catholic Guide to Caring for Your Aging Parent by Monica Dodds. The author sees faith as a fundamental part of caregiving. She says, "Caregiving is a time of many graced moments." Includes a wealth of practical advice, plus helpful appendices of resources, prayers, and checklists for assessing needs.