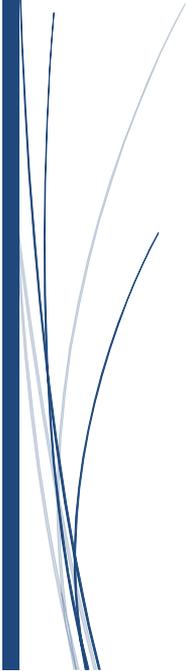


*Education is an
Inoculation*



*For Ministering to
Care Givers*



Education is an Inoculation for Ministering to Care Givers

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Resources used in the Preparation of this Booklet

Scripture quotations are from
The King James Version of the Holy Bible

**Dedicated to Edith Deen, a member of Highland
Missionary Baptist Church
Gainesville, Florida**

Acknowledgements

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Christ established His church during His earthly ministry, and commissioned His churches to carry the Gospel message of Christ to a lost and dying world. We believe this is the first and foremost responsibility of Christ's church to carry out the great commission given by Christ to His churches. *Matthew 28:18 -20; Mark 16:15; Luke 24: 45-49; Act 1:8; 2Corinthians 5:18 -20;*

Christ has called born again believers, His children to minister to the suffering of others, both individually and collectively. *Leviticus 19:18; Mathew 22:39; Luke10:30 -37; Matthew 25:31-40; Acts 11:27-30; 1Corinthians 12:26; 1John 3:16-18; 2Corinthians 1:3-4; Proverbs 23:22; Leviticus 19:32; Exodus 20:12; Deuteronomy 5:16; 1Timothy 5:3-5, 8-10, 16; Genesis 2:24; Galatians 6:1-2.*

This free informative booklet was written from a lay responder's perspective. To provide general information in ministering to care givers, and biblical principles. Not for the purpose of counseling, or replace professional counseling.

Proverbs 23:22

Hearken unto thy father that begat thee, and despise not thy mother when she is old.

Leviticus 19:32

Thou shalt rise up before the hoary head, and honour the face of the old man, and fear thy God: I am the LORD.

Exodus 20:12

Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee.

Deuteronomy 5:16

Honour thy father and thy mother, as the LORD thy God hath commanded thee; that thy days may be prolonged, and that it may go well with thee, in the land which the LORD thy God giveth thee.

The Elderly - When I think of the elderly my mind goes first of all to my parents. I also think of the seniors within my church. I tend to reflect on their wisdom and faith in Christ.

There is much we can learn from the elderly because of all they have experienced throughout their life. We are to always treat *our parents and the elderly* with honor and respect.

Most of us don't give a second thought to the sacrifices our parents have made on our behalf as they raised us and met our many needs throughout our lives.

It has been estimated that the cost of raising a child from birth through collage averages around \$300,000. This is just looking at the financial aspect of raising children.

There are many other roles within the home parents take upon themselves in order to provide for their family.

There was a time when I did not give much thought to the sacrifices my parents endured on my behalf, but now as a parent I understand better.

I am so thankful for how God has blessed me with Godly parents that at times put my needs ahead of their own.

As our parents enter into their elderly years and face the frailties of life and the chronic illnesses that come their way, when they can no longer provide for and meet their own needs, this is when it now becomes our responsibility as their children to assist them.

Care giving for the elderly may involve part time care or fulltime care.

As we care and provide for our parents as they age in life, what better way can we *respect and honour* and show our indebtedness *our thanks for all their sacrifices and all their care they have invested in our lives.*

1Timothy 5:3-4

Honour widows that are widows indeed. But if any widow have children or nephews, let them learn first to shew piety at home, and to requite their parents: for that is good and acceptable before God.

1Timothy 5:16

If any man or woman that believeth have widows, let them relieve them, and let not the church be charged; that it may relieve them that are widows indeed.

Widows - It is our religious duty, as children and grandchildren, to become caregivers for the widows within our home. Speaking of our mothers and grandmothers who are widows.

Caring for our parents or grandparents truly is a small payment for the care we received from them throughout our life. This is also what is acceptable in the sight of God.

As believing men and believing women, if we have relatives or other persons in our household who are widows, we are to care for them. We are not to burden the church with their care.

This is done so the church may be free to assist those who are alone and truly meet the qualifications of a widow and have to depend upon the church for relief.

Genesis 2:24

Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.

Spouses - As we travel through this journey of life, we find ourselves leaving our parents and cleaving to our spouses which God has blessed us with.

As I and my spouse entered into this *permanent relationship* for *better or worse, until death do us part*. United together as one flesh, one heart, one mind and one family. We have throughout our 32 years of marriage faced many challenges. We have endured personal illnesses within our family and we have become caregivers for our parents.

Looking back, we would have to say these were probably some of the most precious times we experienced together within our marriage.

I and my wife, we understand there will come a time in life, *as many others have already experienced*, that one of us may become a caregiver for the other.

This too I believe, will be some challenging times and precious times as we honor and respect, as we share our love toward each other, as we care for, support and encourage, helping our loved one live the rest of their life with integrity.

Losses in life - Within the family circle there are many family changes that are experienced throughout life's journey. Some of these changes are good and unfortunately some are not so good.

We all came into this world as infants born of our mothers. Our parents loved and cared for us as they provide for our many needs, *food, clothing, housing, etc.* They taught and instructed us in *the ways of the Lord*, they helped us to learn how to become *independent adults ourselves*.

As young adults we found ourselves leaving home, in order that we may establish our own identity. We met the love of our life *our spouses*. We united together with our spouses as we started a family of our own. We raised our children as our parents did.

Our children as young adults then move away from home establishing their own identity. Raising their own families as we did. We now are grandparents.

Throughout life's journey we also experienced losses in life. We discovered as we got older these losses even increased and became more frequent because of the frailties of life. Our family members became more dependent upon us because of the losses they experienced from the process of aging.

Let's look at a few losses one may experience from the process of ageing for a moment.

Material losses - In this day and time could easily be associated with the economy or the impact of natural disasters with all the devastation we are seeing throughout our country. Either of these could potentially bring about many material losses that can significantly have an effect on an individual's livelihood. These circumstances can especially have an impact on the elderly.

Relationship losses - This may be the death of our parent/parents or this may even be the death of our spouse.

Functional losses - As we age our bodies no longer functions as it previously did in the years of our youth. We find ourselves experiencing the frailties' of life. Material losses in one's life can for many be replaced. Functional losses for the elderly cannot be replaced, they just learn to adapt. They adjust to life's circumstances as best they can.

As one ages, the potential for illness, mobility limitations, financial dependency and the loss of loved ones increases. These can be *quite overwhelming* and impact ones *self-sufficiency* ones independence.

As our loved ones are impacted with the frailties of life, this in itself can be emotionally devastating. When care giving involves role changes *Wives may have to assume the roles of their husbands, or Husbands may have to assume the roles of their wives, or Children may even have to assume the roles of their parents*, the stress can be significantly increased.

We would like to share with you a testimony of how care giving can significantly impact a family.

I am not an authority on this subject. I have had very little experience, but I do know how lonely it can get. I had my husband who did more than one can imagine. I only have one brother, he would come about every 2 weeks for a couple of hours to visit with mom.

This applies to anyone who has the complete responsibility of caring for someone, if it's your spouse or a young mother with small kids.

A husband or wife can only do so much, they have other responsibilities to keep the family going *a job perhaps*.

You get to the point of feeling cut off from the world, but you don't want to be considered a complainer or a whiner because you feel this is your complete responsibility and you have to deal with it.

It doesn't matter how much you love or care about someone it can be overwhelming. Reaching out to someone in a situation is never easy, you don't want to intrude. Asking is never easy because you feel like you are putting them on the spot.

To be a better caretaker of someone or even taking care of little ones, a break is so needed at least as often as can be provided. Bottom Line - A break is the best thing a caretaker can look forward to. Thank God for my children, they did all they could do to help.

Edith Deen

As you can see from the previous testimony caring for a loved one can significantly impact a family.

I and my wife would like to now encourage you to reach out to those around you who are care givers. Let them know you care and that they are not alone in their circumstances.

Below you will find some practical ways to support and encourage care givers depending upon the needs with the family.

1. Encourage care givers in the area of self-care - Due to the demands of care giving this is an area that at times can be neglected by care givers. Regular eating habits are important as our bodies need proper nutrition in order to stay healthy. Exercise is important, *if we are physically able*, exercise can help to reduce stress, feelings of anxiety and depression, and even improve our sleep which also is important.
2. Encourage care givers to set aside some time for themselves - Encourage them to take time out for relaxation, to read a book, enjoy a hobby, to focus on things outside of care giving as time allows.
3. Encourage care givers to spend some personal time with God in prayer and Bible study - Jesus himself realized the importance of spending time alone with God in prayer.

Matthew 14:23

And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone.

Mark 6:46

And when he had sent them away, he departed into a mountain to pray.

4. Encourage care givers that is ok to ask for help - Caring for loved ones, trying to provide for all their needs can be very demanding at times. Encourage them to reach out to others for assistance when possible.

Ecclesiastes 4:9-10

Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.

**One thing that I and my wife have learned as we have cared for our loved ones, cooperative efforts
Produce greater results.**

5. When we offer our help to caregivers they may turn it down - Accepting help from others can be very challenging for some people. We encourage you to continue offering your help where you can. Just because you were denied the opportunity to assist them today, does not mean that your help will not be needed and accepted another day.
6. Providing meals - The daily routines of caring for a loved one can be time consuming.
7. Grocery shopping - because of the demands of care giving it is difficult for some to get out and run the necessary household errands. You can assist them by shopping for them, or you could pick up a few extra groceries while you are shopping for yourself and drop them off.
8. Home safety changes - wheelchair ramp or safety rails may need to be installed.
9. Child care - for care givers it can be difficult balancing family and care giving.
10. Helping with their animals - this could be as simple as taking their dogs for a walk.
11. Spending time with the one being cared for - This could be done within the home or if you are able, pick them up for an outing.

12. Phone and card ministry - Is one way we can encourage, strengthen, and support care givers. This is a ministry which everyone can take part in.
13. Help care givers to get connected with other caregivers - They can encourage each other and learn from each other because of the knowledge they have gained with their individual experiences.
14. Research - not everyone has internet access, you could research topics that are applicable to their situation.
15. Household cleaning and chores.
16. Yard work as needed.
17. Benevolence - Financial help is another way you can assist care givers. Families may find themselves dealing with the stress of financial burdens as they care for their loved ones.
18. Ministry of presence - Just being present in the moment with care givers, allowing the love of Christ to flow through us
19. Prayer - We need to enter into the throne room of grace on their behalf.

Every heartache is an opportunity for ministry. We encourage you to involve your Sunday school classes and others within your church to reach out and minister to the Care Givers around you. May God Bless You!

Matthew 22:39

And the second *is* like unto it, Thou shalt love thy neighbour as thyself.

1Corinthians 12:26

And whether one member suffer, all the members suffer with it; or one member be honored, all the members rejoice with it.

1John 3:16-18

Hereby perceive we the love of God, because he laid down his life for us: and we ought to lay down our lives for the brethren. But whoso hath this world's good, and seeth his brother have need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him? My little children, let us not love in word, neither in tongue; but in deed and in truth.



Edith Deen
December 19, 1938 to October 7, 2011



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Romans 3:23

For all have sinned, and come short of the glory of God;

Romans 6:23

For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.



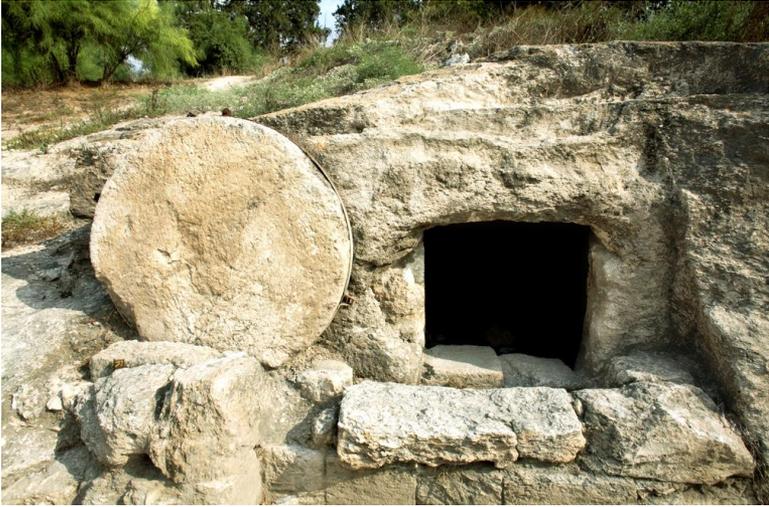
Romans 5:8

But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

John 3:16-17

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

He Is Risen



Romans 10:9-13

That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation. For the scripture saith, Whosoever believeth on him shall not be ashamed. For there is no difference between the Jew and the Greek: for the same Lord over all is rich unto all that call upon him. For whosoever shall call upon the name of the Lord shall be saved.