

CAREGIVER MINISTRY

PURPOSE: Provide family ministry for the entire church membership utilizing the caring, loving members of HHBC.

SPONSORS: Ministry staff and diaconate.

REASON FOR CHURCHWIDE CAREGIVING:

- I. Biblical I Corinthians 12:25-26
 I Corinthians 12:28-31
- II. Need to allow spiritual leaders of church to focus on their calling. Acts 6:1-6

TRAINING: (6) 1 hour classes plus occasional specific instruction on topics such as grief counseling, financial concerns, single parenting...

TERM: Caregivers will serve the same term (1,2,3 years) as their assigned deacon coordinator. By the 4th year all caregivers will serve 3 years like their deacon.

CAREGIVER CRITERIA:

- I. Be a church member
- II. Be active in all phases of church activities (worship, sunday school, etc...)
- III. Willing to love others, learn caregiving skills and agree to serve under the direction of a deacon.

CAREGIVER STANDARD:

- I. Caregiver will serve 8-10 families.
- II. Caregiver (when possible) will live close to their families. Families will be in close proximity to one another to allow caregiver to minimize travel time in performing family ministry.
- III. Caregiver will attend (6) 1 hour training classes. These are not to be viewed as optional. Deacons will be notified of attendance of all caregivers. Priority should be given to these classes.
- IV. Caregiver will meet periodically (quarterly) with their deacon (his choice of time/dates) to review family ministry. Your deacon will be your encourager prayer partner, assist you in family ministry needs and provide opportunities for personal ministry spiritual growth.

- V. The caregiver will have the option of working independently or asking the deacon (or other church members who are qualified) to assist in meeting the needs of particular members.
- VI. Caregivers will be responsible for knowing their families.
 - a. visit in each home at least 1 time/year.
 - b. Mark significant events (births, deaths, graduations, visitation, new church members...)
 - c. Informing the church staff of significant events (illness...)
- VII. Keep track of specific events using a journal or other means of record keeping. This helps in remembering birthdays, anniversaries, major losses, etc...
- VIII. Be willing to open to the "Laying on of the ear" to meet family needs.

*Contact past deacons to learn any
specific about families*

ON CARING

THE MAJOR INGREDIENTS IN CARING:

KNOWING:

To truly care for someone, you must know many things. You must know who the person is, what his problems are, what things are making this person hurt...you must know how to respond to their needs. You must also know what your own limitation are and what you can not do for this person.

PATIENCE:

Patience is an important ingredient in caring. In caring for a person, you allow the other person to grow in time. Patience is not waiting passively for something to happen, but sometimes it is giving space. It takes time to give ourselves. Patience includes tolerance also. When people are floundering in decisions, in crises, in life for some reason, great patience has to be used.

HONESTY:


Be honest by trying to really see things the way they are rather than the way they appear. Sometimes we only see what we want to see. When we are honest in our attempt to care, we can still be wrong or mistaken, but if we are open and honest, we can learn from our mistakes and from the mistakes of others.

TRUST:

Trusting involves letting go. It includes an element of risk and a leap into the unknown. We show a lack of trust by trying to dominate and force the other into a mold or by requiring guarantees as to the outcome, or even by "caring" too much. The father who cares too much and overprotects his child does not trust the child and whatever he may think he is doing, he is responding more to his own needs than to the needs of the child to grow. Morbid dependency by its very nature is incompatible with trust.

HUMILITY:

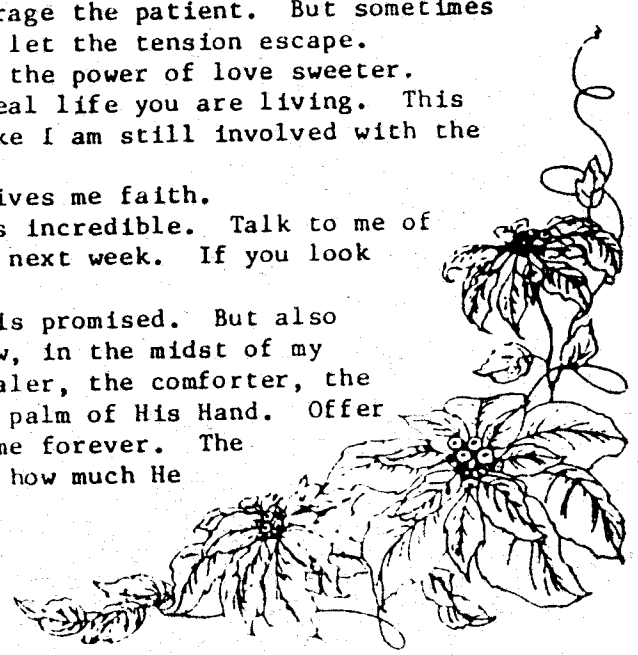
Caring expresses a broader meaning of humility as the overcoming of an attitude that sees others as existing simply to satisfy my own needs, and treats others as if they were merely obstacles to overcome or clay for me to mold as I please. Humility also means overcoming pretentiousness: I am able to present myself as I am without self-display and concealment, without posing and indirection. Caring expresses this broader meaning of humility because it recognizes that others have an integrity of their own.



WHAT CAN I DO TO HELP?

Helping knows no season! As Christians first, and League of Mercy members second, we experience a real desire to be of service to others. At times we find ourselves asking the question -- "What can I do to help?" Wendy Bergren, a young woman struggling to beat cancer, was frequently asked this question. In response to this she developed the following suggestions below.

Although not all of us are called to minister to someone as seriously ill as Wendy, we probably have felt frustrated and inadequate about helping someone who is not well. These suggestions are imaginative and compassionate ways to show "I care about you"! These were adapted from "MOM IS VERY SICK -- HERE'S HOW TO HELP" by Wendy Bergren in Focus on the Family.

1. COOK A DINNER FOR MY FAMILY, but offer a choice of two courses. One week we got tuna noodle casserole four nights in a row from well-meaning friends! Also bring the food in disposable containers or marked pots. If I can't return your casserole, I will cry at my powerlessness and confusion.
 2. BAKE HOMEMADE COOKIES OR BROWNIES and bring them frozen so I can have the delight of sending off fresh goodies in a lunchbox the next morning. This will give me the fun of feeling like a mama.
 3. MAKE YOUR OFFER SPECIFIC. Say, "I want to come over Monday at 3:00 to bake cookies or clean your pantry shelf, or whatever." If you say, "Call me any time for anything", I don't know what you want to do, or when you are free, so I probably won't ask.
 4. OFFER TO BABYSIT -- even if my husband and I stay home. This gives us the freedom of a private adult life in a place my illness can cope with.
 5. HELP WITH HOLIDAYS, BIRTHDAYS, AND ANNIVERSARIES. Ask if there are any special gifts or cards or wrapping papers you could pick up for me. How many times have I wanted to give my husband a special "Thank-You" card or put up a holiday decoration, but have been unable!
 6. CALL BEFORE YOU VISIT, BUT DROP BY FOR TWENTY MINUTES WHEN YOU CAN. Don't assume sickness requires rest at the expense of communication. A spur-of-the-moment visit can be wonderful.
 7. ASK ME WHO I MIGHT LIKE TO SEE AND BRING THEM BY. Often I am too shy to approach a friend on my own. My whole life consists of asking favors, and I may just be too tired to make social requests.
 8. OFFER TO RUN TWO MEANINGLESS ERRANDS a week for our family. The small stuff -- like no hair ribbons, or cologne, or clean suits -- falls by the wayside otherwise.
 9. ALLOW ME TO FEEL SAD, or to prepare for the worst. One of the most difficult problems of serious illness is that everyone wants to encourage the patient. But sometimes having a good cry with a friend who allows it will let the tension escape.
 10. TOUCH ME. The isolation of being an invalid makes the power of love sweeter.
 11. SAY THE WORD CANCER around me and talk about the real life you are living. This helps me feel less like an untouchable and more like I am still involved with the normal world.
 12. PRAY FOR ME and say you are doing so. That fact gives me faith.
 13. TALK TO ME OF THE FUTURE. The power of planning is incredible. Talk to me of my baby's senior graduation, and I can get through next week. If you look ahead, I can too.
 14. REMIND ME OF THE ABUNDANT LIFE that awaits me and is promised. But also recall that there is comfort to be had here and now, in the midst of my illness. The Bible tells us that Christ is the healer, the comforter, the understanding fellow-sufferer. He holds me in the palm of His Hand. Offer to be here with me now, as He is and will be with me forever. The fact that you care so much in this moment tells me how much He cares for me in all moments.
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Equipping Skills II

Caring for Husbands and Wives in Conflict

What they need to focus on . . .

- Recognize their own sin and failure (John 8:3-11)
- Work to please each other (Mark 9:33-35)
- Take initiative in correcting matters (Matthew 18:15-17)
- Teach negotiation rather than retaliation (Matthew 5:38-39)
- Pray for each other (Matthew 5:43-48)
- Forgive each other (Luke 6:37)
- Say the right things to each other (Eph 4:15)

Care for the Unemployed

As caregivers respond because it is God's will (Phil 2:7)
As caregivers make certain human needs are met (James 2:15-16)

What do the unemployed feel?

- Sorrow (loss of daily routine, finances, position)
- Shame (real or imagined as being their fault)
- Disappointment (as jobs fail to materialize)
- Helplessness (inability to change the situation)
- Hope (changes as opportunities come and go)
- Celebration (as crisis pass)
- Interpretation (understanding what has occurred)

What should the next job have?

- Offer challenge
- Variety and routine
- Good supervision
- Visible rewards for good
- Title (clear definition of what is expected)
- Connection with company
- Good co-workers

Help individuals

- Define their skills
- Their requirements for success
- Understand how to look for employment

Caring to those under financial stress

- 80% of Americans have or will have financial stress
- 70% of marriage problems related to money concerns
- Money (greatly discussed in the NT) was spoken of frequently by Christ
- Represents where, how we place our heart

Money as seen by Christians should be divided into

- Christian ministries
- Citizenship responsibilities - represents (by law) about 20-30% of income
- Provisions for self and family
- Have couples/individuals contact those in our church who can give sound financial advice (Bill Rodgers, Dan Cuthriell...)

Ministering to the terminally ill

Excerpt from Equipping Deacons, Vol. 2, 1988, page 53

The following "ten commandments" provide a useful guide for caring for the terminally ill:

1. Always tell the truth. The dying need love not pity.
2. Never set inflexible times. We do not control the hour of death.
3. Always listen with sensitivity. Let the patient guide conversations. Generally do not ask about the progression of the illness. If they want to talk about it, they will. Learn to be comfortable with silences in conversations.
4. Find ways to respond to needs- physical, emotional, and spiritual.
5. Never allow the dying person to feel abandoned. There are many ways to maintain presence. Some may be reluctant to touch sick persons, but they are in great need of comforting touches and hugs.
6. Be as available as possible, within necessary limits. Regular, short visits are much more important than long, intermittent ones. Short notes and cards are likely to be much appreciated.
7. Never give medical advice or interpret medical opinions. Encourage the patient to ask for clarification from medical care givers.
8. If necessary, protect the person from harming himself. Although burdens may be heavy, our life journey remains in God's hands.
9. Always hold out hope, at least in God's love.
10. Provide consistent, spiritual support. The primary task of the deacon for both the dying person and the family is a titual ministry.

How does the Caregiver Care for themselves (problem solving)

	COPING	GROWING
REMEDIAL	SOLVING PROBLEMS	TRAUMATICALLY FORCED
PREVENTIVE	FRETTING OVER FUTURE	PLAN FOR ENRICHMENT

Time →

What not to feel/do as a Caregiver

- If you do not do it, to will not get done
- Put everyone else first
- Use "works" instead of grace to be worthy
- React to others instead of determining our own actions
- Feel the need to over achieve
- Focus totally upon others need (remember your own family/self)
- Constantly involved in activity (stop and hear God)

What you need...

- Recieve reinforcement from family, church, God for you actions
- Serve those close to you (proximity makes a difference in care-giving)
- You will accomplish what you expect/allow
- Have good, close friends for support
- Avoid the "Messiah and Burnout" complexes
- Have rest and recreation time (personal)
- Continue your own Christian education
- Seek support

CAREGIVER TRAINING - SESSION 5

I. EQUIPPING SKILLS I

A. POWER FOR MINISTRY (THROUGH CHRIST)

1. Provides power (Matthew 28:20)
2. Gives feeling of adequacy (John 14:12)
3. Provides motivation to care (John 13:14-15)
4. Provides sensitivity to others needs (Matthew 9:20-22)
5. Provides guidance in caring skills (Matthew 10:19-20)

B. CARING FOR THE HOSPITALIZED AND THEIR FAMILIES

1. Prepare for the visit (why am I making this call)
2. Put yourself in the other person's shoes
3. Be respectful of hospital rules:
 - a. visiting hours (check with hospital and family)
 - b. In-room services (give patient privacy)
 - c. Doctor consultations (give patient privacy)
 - d. Sleeping patients (allow rest)
 - e. Family desires (do not overstep your welcome)
 - f. Phone calls (check with family)
4. Do more listening than talking
5. Do not ignore others in the room
6. Leave when room gets crowded
7. Your conversation should focus on needs (health, stress, family, financial, etc...) unless patient guides you away from these areas.
 - a. ask if they want to talk
 - b. what is their medical situation
 - c. ask how they feel (emotionally)
 - d. what are their primary concerns
 - e. what resources do they have for handling this situation
 - f. what can I do (come prepared to offer help)
8. Focus on God's presence (scripture)
9. Pray (ask permission - pray specifically)
10. Help immediate family and stay in touch

C. CARING FOR THE BEREAVED

1. Be certain you understand Death (clarify in your own mind the fears, doubts, pain and assurances that surround the physical death.
 - a. We fear separation
 - b. Death is part of life
 - c. God has given us assurances

2. Grief occurs in a 6 step process (Kenneth Murray)
 - a. Death of a loved one
 - b. Protest (pain, anger, confusion, anxiety, denial)
 - c. Despair (anguish, depression, distress)
 - d. Detachment (apathy, isolation, resignation, withdrawal)
 - e. Acceptance (peace, release, renewal, understanding)
 - f. Reorganization
3. What you can do:
 - a. visit; show your concern
 - b. give practical support (provide food, information on funeral arrangements, pick up people at airport, etc...)
 - c. provide spiritual supports
 - d. provide simple, honest answers for children concerning death
 - e. provide understanding that children can comprehend

D. CARING FOR THE LONELY

1. Who may feel lonely:
 - a. those who have suffered loss
 - b. teenagers, children from split families
 - c. senior adults in homes, care facilities
 - d. institutionalized
 - e. those who may appear to be successful
 - f. those who minister
2. How to help:
 - a. be a friend (visit regularly)
 - b. try to garnish support from other areas (Sunday School, civic organizations, family, involvement)
 - c. Understand (investigate) the reason for the loneliness

E. CARING FOR CHURCH MEMBERS IN CONFLICT

1. They are:
 - a. Appreciating the value of diversity (I Corinthians 12:12-27)
 - b. Recognizing one's own sin and failure (John 8:3-11; Luke 6:41-42)
 - c. Discovering greatness through service (Mark 9:33-35; 10:35-37, 41-45)
 - d. Accepting responsibility for initiative (Matthew 18:15-17)
 - e. Negotiating rather than retaliating or avoiding (Matthew 5:38-39)
 - f. Praying for your enemies (Matthew 5:43-48)
 - g. Forgiving to release the barriers that separate (Luke 6:37-38)

- h. Being open to God's leading in new directions (Acts 5:29-39)
- i. Caring for the needs of persons (Acts 6:1-7)
- j. Mediating to bring people together (Acts 9:26-28)
- k. Preserving unity in spite of doctrinal differences (Acts 15:1-33)
- l. Compromising for the sake of the gospel (Acts 15:36-41)
- m. Speaking the right word at the right time (Ephesians 4:15; Proverbs 15:1)

F. CARING DURING MAJOR LIFE EVENTS

- 1. Marriage (counsel, attend wedding)
- 2. Births (celebrate, provide meals, time out)
- 3. Empty nest (offer support, investigate options)
- 4. Retirement (visit, investigate options, provide assistance when needed)
- 5. Job changes (discuss life priorities, family decisions, encouragement, prayer support)
- 6. Newcomer (provide information, support, church indoctrination, church ties)
- 7. Birthdays and anniversaries (cards, phone calls, parties)