Congregational Respite Ministries are a Lifeline for Caregivers

I. What is a Congregational Respite Ministry
   a. Volunteer driven ministry for people living with dementia
   b. Housed within a church campus
   c. Focused on families living with dementia
   d. Daily schedule doable for weekday ministry
II. Why Congregational Respite Ministries Support Caregivers:
   a. Time out from caregiving
   b. Conducted by trained staff and volunteers
   c. Educational opportunities
   d. Support
   e. Affordable
   f. Resources
III. Why Congregational Respite Ministries Support People Living with Dementia
   a. Time out from caregivers
   b. Purposeful activities
   c. Socialization with others living with dementia
   d. Stigma is destroyed by the love and acceptance of community
   e. Joys of sharing with trained volunteers
IV. How Congregational Respite Ministries Benefit the Church
   a. Expands existing care ministries to include support for caregivers and their loved ones living with dementia
   b. Opportunity for Outreach beyond Sunday and Wednesday night ministries to the community
   c. Purpose aligns with scriptural directive to “care for the least of these”
V. The Process of Starting a Congregational Respite Ministry
   a. Assessing needs within the church and the community at large
   b. Gathering Prayer and Interest Support
   c. Plan for space and finances
   d. Hiring Director
   e. Recruiting Volunteers
   f. Interviewing Potential Caregivers/Participants
   g. Advertising
   h. Training
VI. Data and Testimonials from Current Ministries in Operation in Georgia and Beyond
   a. Stories from across the USA
   b. Respite for All Foundation Documentary clips
VII. Concluding Remarks and Call to Action
   a. Question and Answer
   b. Further Resources

Notes:

I. What is a Congregational Respite Ministry
   a. Respite definition

II. Why Respites Support Caregivers

III. Why Congregational Respite Ministries Support People Living with Dementia

IV. Benefits to the Church

V. Process

VI. Data and Testimonials

VII. Call to Action and Questions

Resources for Caregivers and Churches

Books:

1. *A Pocket Guide for the Alzheimer's Caregiver* by Daniel C. Potts and Ellen Woodward Potts
2. *Hiding the Stranger in the Mirror* by Cameron J. Camp
3. *I'm Still Here* by John Zeisel, PhD
4. *Creating Moments of Joy* by Jolene Brackey
5. *Full Circle Spiritual Therapy for the Elderly* by Kevin Kirkland and Howard McIlveen
6. *Learning to Speak to Alzheimer's* by JoAnne Koenig Coste
7. *Loving Someone Who Has Dementia* by Pauline Boss, PhD
8. *Inside Alzheimer's* by Nancy Pearce
9. *The 36 Hour Day* by Nancy Mace and Peter Rabins, MD
10. *No Act of Love is Ever Wasted* by Richard Morgan and Jane Thibaut
11. *Welcome to Planet Alzheimer's* by Candace A. Stewart
12. *Dementia: Living in the Memories of God* by John Swinton
13. *When Words Fail* by Kathy Fogg Berry
14. *Ministry with the Forgotten* by Kenneth L. Carder
15. *Coach Broyles Playbook for Alzheimer's Caregivers*
16. *A Different Visit* by Alaina Johns and Cameron Camp
17. *Caregiver Helpbook* by Legacy Caregiver Services
18. *The Mindful Caregiver* by Nancy L. Kriseman
19. *Meaningful Connections* by Nancy L. Kriseman

Grief Books:

Ambiguous Loss by Pauline Boss

At the Edge of Life …Conversations When death is Near by Richard Morgan

The Four Things that Matter Most… A book about living by Dr. Ira Byok

Journeying Through Grief by Kenneth Haugk

Healing After Loss by Nancy Hickman

Seasons of Caring by Clergy Against Alzheimer's

The Longest Loss: Alzheimer's Disease and Dementia by Hospice Foundation of America

Devotion Books for Caregivers and their loved ones by Robin Dill

The Psalms

The Fruit of the Spirit

Love 1 Corinthians 13

People Jesus Knew

Special Days

Lent to Pentecost and Beyond

Advent to Epiphany

Words of Strength for Caregivers

Words of Prayer

Words of Encouragement

Workshops:

Powerful Tools for Caregivers: https://www.powerfultoolsforcaregivers.org/training/

The Savvy Caregiver: https://www.caregiver.org/savvy-caregiver-program

Websites:

1.Alzheimer's Association: www.alz.org

2.Alzheimer's Foundation: www.alzfdn.org

3.Teepa Snow is a dementia and Alzheimer's care expert who trains and helps agencies, facilities, and families. She has great videos on behaviors and communication.

www.teepasnow.com

4. AARP www.aarp.org

5. National Institute on Aging- The ADEAR Center is a service of the National Institute on Aging (NIA), one of the Federal Government's National Institutes of Health and part of the U.S. Department of Health and Human Services. The NIA conducts and supports research about health issues for older people, and is the primary Federal agency for Alzheimer's disease research. https://www.nia.nih.gov/health/about-adear-center

6.The Balm in Gilead, Inc- National Brain Health Center
For African Americans: http://www.balmingilead.org/

E-mail: info@balmingilead.org Telephone: (804) 644-2256

7. Caregiver.com-information on caregiving, support and guidance: www.caregiver.com

Resources for Churches:

*Dementia Friendly Wors*hip …A Multifaith Handbook for Chaplains, Clergy, and Faith Communities

Respite Resources:

www.respiteforall.org: website with resources to start respite ministry

Walking with Grace Revised by Robin Dill: how to book on starting a respite ministry

Reclaiming Joy Together by Daphne Johnston

lovingthroughdementia.org: website with tons of information

Stephen Ministry Information: Stephen Ministry is the one-to-one lay caring ministry that takes place in congregations that use the Stephen Series system.

Stephen Ministry congregations equip and empower lay caregivers—called Stephen Ministers—to provide high-quality, confidential, Christ-centered care to people who are hurting.

https://www.stephenministries.org/

Support Groups:

www.alz.org/events/support_groups

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