

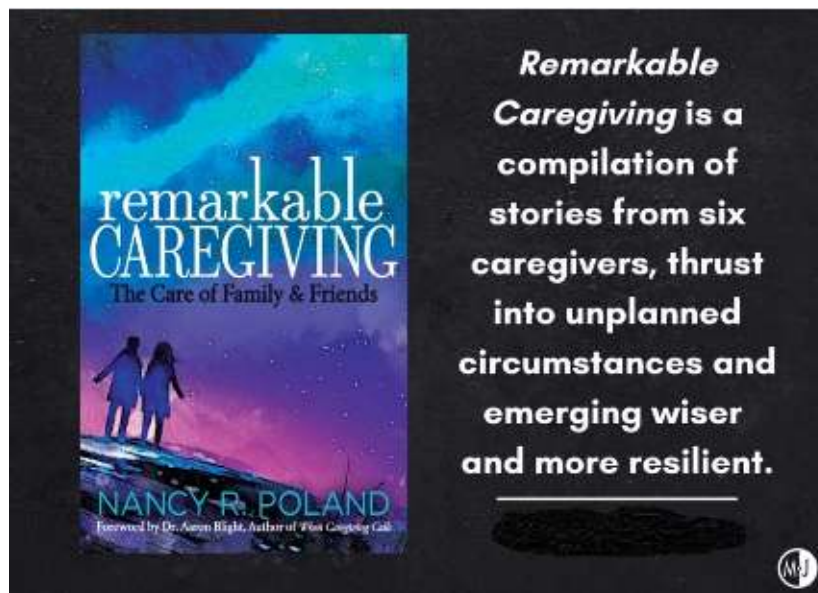


Caring for the Caregiving Classes

Based on the book

Remarkable Caregiving: The Care of Family and Friends

by Nancy R. Poland



Instructions for Leader

Thank you for choosing to share “Remarkable Caregiving” with your faith community education class, small group, or community group (generally referred herein as “Group”.) In Part 1 you will find ideas for classes to be presented in four sessions. You could also easily adapt the outline into six or seven sessions or have a one-time book discussion.

A word of advice: don’t plan too much for one class. When I taught this in four Sunday adult education classes, they were one hour, and we easily used all the time (and in some cases could have talked much longer.)

In Part 2 you will find optional activities to keep your audience active and engaged, including video suggestions.

I have available a set of PowerPoint slides introducing each of the four classes available for a small fee. Contact me directly for the slides or any other questions at author@nancyrpoland.com, or use the inquiry box below. I am also on Facebook Messenger. I can help you design the classes or brainstorm, and I am available for some travel or virtual appearances. There is a speaker Request Form under <https://nancyrpoland.com/speaking/> you can complete and email to me.

Books are available at <https://nancyrpoland.com/bookstore/>. You can also find them at:



Wishing you all the best, and may God bless you and your caregivers.

Nancy

Part 1

Introduction/Purpose

Sample information to place in bulletins, social media posts, or announcements:

- You are invited to classes called “Caring for the Caregiver” based on the book, “Remarkable Caregiving, the Care of Family and Friends” by Nancy R. Poland. Classes will be held [dates, locations, time].
- Purpose of classes: To provide Christian education regarding the following:
 - How to prepare to be an effective caregiver
 - As a group, develop sensitivity to struggling caregivers, and to fulfill Christ’s commandment of bearing each other’s burdens.
 - Identify practical ways our group can minister to those who need love and support as caregivers.

Reading Assignments from “Remarkable Caregiving”

Class 1 – Be Prepared - Chapter 1

Class 2 – Support Caregivers of Children with Disabilities - Chapters 2 & 6

Class 3 – Life on Hold - Chapters 3 & 5

Class 4 – The Relief Pitcher – Chapter 4

Foundational Bible Verse: Galatians 6:2

Bear one another's burdens, and so fulfill the law of Christ.

At the end of “Remarkable Caregiving” you will find questions for individual chapters, and questions based on the entire book.

Class 1 – Be Prepared - Lay a Firm Foundation

Homework: Read Chapter 1 of “Remarkable Caregiving”

Key question: How can we help those we are caring for (or ourselves) to be prepared for the future so one’s wishes can be honored in case of incapacitation or death?

Key Bible Verse: Matthew 7:24-27 ESV

“Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.”

Introduction – Introduce yourself, why this topic is of interest, what you hope to accomplish. You could give a summary of the course, and what will happen in upcoming classes.

Alternative activities for the class:

- Ask an attorney that specializes in wills, durable power of attorney and health care power of attorney/health care directives to speak. (They may speak for free, especially if you let them leave information about their law firm.)
- Find videos with discussions of legal paperwork needed, preferably relevant to your state or province, as applicable.
- Ask one or two people who have had experiences regarding legal paperwork this legal paperwork such as medical personnel, bankers or family members.
- Discuss why is this important to our group? Are there further steps we can take to help people prepare for future caregiving situations.
- Discuss questions in “Remarkable Caregiving”, Chapter 1, either in small groups who share their ideas, or a large group discussion. You could also read parts of the book to the group.

Class 2 – Supporting Caregivers of Children with Special Needs

Homework: Read Chapters 2 & 6 of “Remarkable Caregiving”

Key question: How can our group support parents and other caregivers such as children’s leaders who have children with disabilities or learning challenges?

Key Bible Verse: Mark 10:14 ESV

But when Jesus saw it, he was indignant and said to them, “Let the children come to me; do not hinder them, for to such belongs the kingdom of God.”

Alternative activities:

- There are videos relating to children with disabilities in Part 2.
- Panel discussion – Hold a panel discussion with a variety of people with experiences with children with disabilities e.g., parent of a child with Down syndrome, a person who works with disabled children, someone in the medical field, a teacher or para-professional, etc. Have them share their experiences, and if time, take questions from the audience.
- Have small or large group discussions about how your group/church/parish can be supportive of families with these children with challenges. Have people record ideas in small groups and share as time allows: Focus on how can the church support families with children with disabilities?

- Can we/do we provide training for staff working with kids with challenges?
- How do we as a church become more sensitive to the needs of families or individuals dealing with children
- Discuss questions in “Remarkable Caregiving”, Chapters 2 & 6, either in small groups who share their ideas, or a large group discussion. You could also read parts of the book to the group.

Class 3. Life on Hold: Looking out for the Interests of Others

Homework: Read Chapters 3 & 5 of “Remarkable Caregiving”

Key Question: What can we do to support families in the church in a structured way who are caring for loved ones?

Key Bible Verses

- I Timothy 5:4-5
Honor widows who are truly widows. But if a widow has children or grandchildren, let them first learn to show godliness to their own household and to make some return to their parents, for this is pleasing in the sight of God.
- Philippians 2:4
Let each of you look not only to his own interests, but also to the interests of others.

Alternative Activities:

- Invite a speaker with experience caring for another person with a chronic/terminal disease. (A spouse will be especially impactful.) What was their experience? How did, or how could, the faith community support them?
- Have a panel discussion using the questions above.
- Focus on Chapter 5 holding a discussion, speaker or panel discussing how race and/or poverty plays into caregiving. How can your group address these challenges?
- Show a video describing caregivers in serious situations.
- Discuss questions in “Remarkable Caregiving”, Chapters 3 & 5, either in small groups who share their ideas, or a large group discussion. You could also read parts of the book to the group.

Week 4 – The Relief Pitcher

Key Question – How we can we be a “relief pitcher” for non-family members, either as individuals or a group?

Homework: Read Chapter 4 of “Remarkable Caregiving”

Key Bible Verse: 1 John 3:17-18

But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him? Little children, let us not love in word or talk but in deed and in truth.

- As available, have 1 or 2 people give examples of how they have helped others (e.g. with rides, meals, etc.) Give them a time limit.
- Summarize what has been learned in the four classes. Have small groups or a large group discussion of how to implement the ideas that have come out.
- Discuss questions in “Remarkable Caregiving”, Chapter 4, either in small groups who share their ideas, or a large group discussion. You could also read parts of the book to the group.

Part 2

Activities to Keep Audience Engaged

- Provide handouts where they can fill in the blanks or take notes.
- Ask them to give a thumbs up to people who speak or ask questions.
- Hand out treats, especially go people who participate or answer questions.
- Ask them to give a one-breath answer to a question. They take a breath and can only speak as long as the breath lasts. For example, “What is your best caregiving idea?” or “How were you blessed this week?”
- Use visual aids.
- Have a surprise guest pop in.
- For virtual presentations:
 - Have them answer a question in the chat. It can be a question related to the topic, or something in the beginning to get them engaged such as “What good thing happened to you this week?” or “Give us the first name of someone you have cared for.”
 - Ask them for input periodically.
 - Break them into small groups for discussion.
- For both in person and virtual, show a YouTube video, even a short clip can break up the discussion. **Make sure to preview all videos.** Some ideas:
 - Caregiver Prayer for family caregivers for elderly
<https://youtu.be/BmrmVn8w4OI>
 - Search for “Caregiver Prayers” for more options
 - Search “Caregiving” for numerous options.
 - For children/disabilities
 - Disability Ministry in the Church | Mini Documentary
<https://youtu.be/cOguNeLUWfA> (Search “Children with disabilities and church” for more options
 - Micah’s Story:
https://www.facebook.com/watch/?v=3012768435645780&extid=NS-UNK-UNK-UNK-IOS_GK0T-GK1C&ref=sharing
 - Fun video about a boy with autism: <https://youtu.be/l2IU1h9sG7U>