

# Catholic Caregivers

*'Caregiving is pro-life!'*

## Tips for the Caregiver and Care-receiver

### *For Caregivers*

- Be aware of the presence of God and nourish your spiritual life.
- Plan ahead. Don't wait for a crisis.
- Don't panic.
- Be creative. If your first solution doesn't work, find a new one and try again.
- Get reliable information about your parent's illness and be aware of any emotional issues.
- Learn about your role as a caregiver and improve your skills.
- Practice new coping strategies for the particular challenges you face in caring for your loved one.
- Find your family's strengths and work together.
- Accept offers of informal support from your family, friends, and parish community.
- Respect yourself and set limits.
- Take care of yourself with rest, good nutrition, exercise, and some time off.
- Access the formal support of social services in your community.

*Follow the advice of St. Francis of Assisi: "Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible."*

### **Prayer to St. John, Patron of Caregivers**

Beloved St. John, from the cross  
Jesus entrusted to you  
the care of His Blessed Mother.  
Help me and all those taking care of a loved one  
who is sick, elderly, disabled or frail.  
Pray for us, that as we go about our many caregiving  
duties, we may never lose sight of that truth  
which Christ revealed to His disciples:  
"Whatever you did for one of these,  
you did for Me." Amen.

### *For Care-receivers*

- Pray and spend time realizing you're in the presence of God. "Forgive" him for what has happened to you.
- Don't waste your time or energy on things that don't matter.
- Forgive others . . . and yourself.
- Take advantage of the sacraments of Reconciliation, Anointing of the Sick and the Eucharist.
- Continue to make happy memories with your loved ones.
- Accept the fact that life isn't fair.
- Take care of yourself: rest, eat properly, and get some exercise when you're able.
- Thank your caregivers and pray for them.
- Accept help, in whatever form you need it.
- If your condition is terminal, talk with and help prepare your loved ones whom you will be leaving behind.
- If your condition is terminal, take comfort knowing that you will be rejoining loved ones who have gone before you.

--Thank God for your life, including a soul that will never die.

*Perhaps now more than any other time in your life, pay attention to the final words of the Hail Mary: "Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen."*

### **Prayer to Our Lady in Need, Patroness of Care-receivers**

My Dear Mother, as you stood at the foot of the cross in need of help, your Son asked St. John to become your caregiver.

Be with me now in my time of need. Pray for me and for all care-receivers, that we can accept assistance from others as gratefully and graciously as you did. Amen.

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