joni&friends

# How to Bless a Caregiver

- **Be a good listening ear.**
- **Ask how you can pray for them.**
- **Provide breaks and refreshment:**
  - Watch their loved one so they can sit through a full sermon whether online or in-person at church.
  - Volunteer to stay with the care recipient for a few hours so the caregiver can leave the house or take a nap.
  - Coordinate with others caring for the family to schedule routine and predictable breaks, allowing caregivers to plan appointments and rest.
  - Treat them to a relaxing outing or needed self-care.
  - Give them gift cards to dinner, the movies, salon, etc.

**Things to Keep in Mind:**

- Your care for the caregiver should begin as a relationship not a mission.
- Respect the vulnerability of stepping into others' homes and routines. Show consideration for their wishes and preferences.
- Remember, you don't have to be an expert! Just use the skills and gifts you have to care for others.

- **Instead of saying "let me know if you need anything," offer something specific like:**
  - "I am going to the grocery store; can I pick up a grocery order for you?"
  - "I am running to the pharmacy, is there anything I can pick up for you?"
  - "It is time for an oil change in my car, could I also take yours in for an oil change?"
  - "I'll be nearby this afternoon, could I bring your family dinner?"
  - "Could I drive you to the doctor's appointment next week?"
  - "Would it be helpful if I came to your child's IEP meeting to take notes?"
- **Handle chores:**
  - Help with laundry, wash the dishes, take out the trash.
  - Maintain the yard: Mow the lawn, rake leaves, shovel snow.
- **Stay connected:**
  - Send a quick text or call just to say hello and remind them they are not alone.
  - Share occasional notes of encouragement or give small gestures of appreciation.
  - Stay committed to pray for them, asking for prayer and praise updates.
  - Practice the ministry of presence.