

Caring for an

**AGING
LOVED
ONE**



HomeLife

Building your family's faith at home

— **Guides** —

CARING FOR AN AGING LOVED ONE

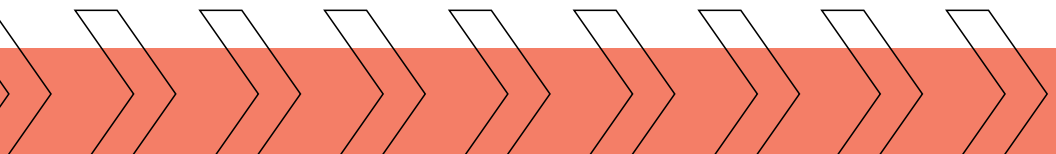
> *All of us know that our parents, spouse and other family members will eventually grow old and face inevitable health challenges. We even understand that sickness and death are part of living in a fallen world. But we are never quite ready for these realities to hit our own loved ones – especially when a debilitating disease gradually robs them of a once active life or seeps away their memories.*

Forty percent of caregivers are also raising young children, living with the stress and heartache this family season can bring. It may become necessary to back out of other things in order to fulfill the primary calling to “be Jesus” by serving an aging loved one during their final days.

Whether with a parent or a spouse, you can take steps to become proactive by understanding some of what this season will bring, including...

Lingering Grief

Long before an aging spouse or parent takes their final breath, you will experience an underlying grief as you observe their loss of vitality, strength, mental faculties and other traits that make them the person you love. Mixed with the physical and emotional exhaustion this season can bring – you may even feel yourself slipping into depression. Seek help to avoid allowing these feelings to overtake you, and recognize that such emotions are normal and testify to just how valuable the person you are losing has been.



Special Grace

Most people who hear the words “family caregiver” think of someone who manages a loved one’s healthcare, finances, home maintenance, transportation, shopping and chores, and assists with activities of daily living. Caregivers often have jobs, families and health issues of their own, so the additional and constant responsibilities are stressful and fatiguing. It is only through the Lord’s strength that it is possible to rise to the task.

He provides not only the physical endurance but the emotional strength that every caregiver needs to survive. Helplessly watching a loved one slowly lose himself or herself to dementia or any other illness takes an endurance that is supernatural. God gives caregivers that special grace that turns a heavy burden into the blessing of knowing that He trusts them with the care of another of His beloved children.

The Lord knows the hearts of caregivers, and He gives the Holy Spirit to provide strength and courage. When their bodies are weary and their hearts broken, He provides rejuvenation and solace. Through Him, caregivers come to understand how privileged they are that He chose them to do His work in this world. It is truly special grace.

Prestonwood desires to come alongside our caregivers to provide support and encouragement under the leadership of the greatest caregiver ever, the Lord Himself. We never want to you think you’re alone in this journey.

Special Grace

The In-Touch Ministry exists to share the love of Jesus with those who reside in retirement communities, assisted living and rehab/care facilities, nursing homes, and memory care facilities. We bring Prestonwood Baptist Church to those who cannot come to church in person by offering Bible studies and devotionals, worship through singing, praying and greeting to those in attendance. We also have volunteers who encourage and pray with residents, room by room, and other volunteers who offer discipleship training to new believers. For more information, call 972-820-5000 or visit prestonwood.org/seniors.

Going Further Resources

Complete Guide to Caring for Aging Loved Ones by Focus on the Family // Offers very practical advice to those trying to navigate the many decisions and issues associated with caring for an aging spouse, parent or other loved one

The Caregiving Season: Finding Grace to Honor Your Aging Parents by Jane Daly // Offers practical advice to help you honor your aging parents well and deepen your personal relationship with Christ along the journey

30 Days of Hope When Caring for Aging Parents by Kathy Howard // Offers the encouragement needed as you strive to care for your parents in a way that pleases God and shows them honor and respect while maintaining their dignity

Agingcare.com

A website pointing to resources for information, support and decision making for the caregiver

Going Further Prestonwood Support

In-Touch Ministry

The In-Touch Ministry exists to share the love of Jesus Christ with those who reside in retirement communities, rehabilitation/care facilities, assisted living and nursing home facilities. For more information, call 972-820-5000 or go to prestonwood.org.

In-Touch Ministry

Monthly classes for caregivers of family or loved ones. For more information, contact us at 972-820-5000 or visit prestonwood.org/support-groups.

For additional resources, scan code:



Dr. Jack Graham, Senior Pastor
972-820-5000 | prestonwood.org/homelife