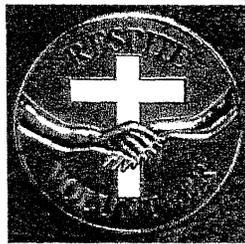


RESPITE CARE MINISTRY

PARISH PROGRAMS TO ASSIST FAMILY CAREGIVERS



Well done, good and faithful servant.

I was sick and you visited me.

Enter into the joy of the Kingdom!

RESPIRE: An interval of rest or relief. In the 1982 "Statement on Aging," the **National Council of Catholic Women** called for volunteers to assist the caregivers in companion services for the family who elects "to care for the aged and infirm at home."

Begun through our Archdiocesan Council of Catholic Women, and now offered in our individual parishes, we have a long-standing position in support of families who care for their elderly parent(s) or other loved one(s) who are ill at home. RESPIRE is a parish ministry and volunteers are insured through the Archdiocese by our individual parishes.

Respite (renewal; spiritual/ temporal) offers care givers the opportunity to leave the care receiver with a trained volunteer for a short period of time so the care giver can be "refreshed in the spirit" by taking some time away, returning to their loved one with the renewed ability to give of themselves with love and understanding

What Does a **RESPIRE** Volunteer **NOT** do?

- Volunteers **NEVER** administer medication or therapy of any kind.
- Does not do household tasks
- Can assist the care receiver with eating and drinking, but does not cook or prepare the meal.
- Cares for the elderly or infirmed, does not serve as babysitter.



What Does a **RESPIRE Volunteer** do?

- Serves as a companion to the care receiver for a couple of hours while the care giver is away from home
- May come to the home on a regular basis (once a week, every other week).
- Is trained in skills enabling the volunteer to care for the care receiver for a short period of time. Such assistance may be with helping the care receiver to a chair or the bathroom, to reposition in bed, or help with getting a drink or snack.
- Is trained to recognize and respond to emergency situations as instructed by the family.
- Will provide empathetic listening, companionship (and maybe some fun!) to the care receiver.

We invite any interested persons to contact
the OLG Parish Office
to learn how to volunteer in **RESPITE MINISTRY**
We are currently looking for Coordinators and
Volunteers for this ministry.

***“Hope is not believing you can change things...
Hope is believing that what you're doing
makes a difference.”***

Vaclav Havel

