



Care-sharing: Equipping Primary and Secondary Caregivers – MT 260

Care-sharing is a class geared to give participants the tools needed to represent Christ in caregiving situations that arise within families, church settings or outreach to our communities.

Primary caregiving is a golden opportunity for faith to grow since it requires practicing the biblical principles of mercy, compassion and selfless love. People who provide this type of care often experience physical, emotional, spiritual and financial challenges that require full dependance on and trust in God. Current research shows that family caregivers in particular often feel invisible, isolated and unprepared for the tasks that must be performed.

Secondary caregiving is an equally beautiful chance to be the hands and feet of Jesus by coming alongside to assist a primary caregiver. This type of involvement varies widely case by case. It may consist of completing a one-time task or some type of monthly help. It might not even require direct involvement with the person who needs care. The main objective of the secondary caregiver is to lighten the load of the primary caregiver with the goal of preventing burnout or caregiver fatigue.

Growing trends indicate that whether or not a person seeks to be a caregiver, most people, sometime during their lifetime, will need to provide primary or secondary care for someone they love. This class will help prepare and equip families for the challenges ahead.

In this class you can expect to learn:

- The biblical foundation for caregiving
- Current researched-based information
- Needed skills
- Tips on how to build or participate in a caregiving plan or team
- How to tap into a caregiving community

Class time will include presentation of information, small group sharing, practice and planning activities, discussion and prayer. Materials for this course will be provided week-by-week in the form of handouts. Reference materials will be referred to and booklists of helpful reads will also be handed out as needed.

Facilitator: Barb Mannino and Naomi Van Loh
Room: 205 | Cost: No cost