

The Compassionate Caregiver

Caring for someone else and yourself isn't an easy task. Use this checklist to make sure you've got the essentials covered...

Caring For A Loved One

Check in to see how your loved one was doing. Taking the time to connect with your loved one is important even if they're no longer verbal or have a cognitive decline.

Schedule needed medical appointments. These may change from month to month or week to week.

Encourage your loved one. Make it a habit to speak words of kindness and affection over the one you're caring for.

Administer medications. Depending on your loved one's health, you might be in charge of administering daily medications.

Listen. Don't simply nod along with what your loved one is saying. Take the time to listen and let them vent if they need to.

Help your loved one to exercise. If possible, try to get your loved one to exercise outside in the fresh air and sunshine. This can improve their mood and help them to rest at night.

Plan something fun together. Don't get caught up in an endless cycle of appointments. Make plans to do something fun with your loved one this week.

Practicing Self-Care

Ask for the help you need. You can't do everything yourself. It's OK to lean on others during this time.

Eat as healthy as possible. Try to reach for foods that will nourish your body and give you long-term energy.

Let go of the bad days. As a caregiver, you'll have a lot of bad days. Remind yourself that God forgives you when you mess up and loves you relentlessly.

Nap when you can. It's OK to leave things undone and let your body rest.

Take time to relax. Even a few minutes spent coloring or knitting can refresh a weary spirit.

Retreat into the Father's arms. Spend time in silent communion or write out a prayer to God or read a devotional from your favorite book.

Be kind to yourself. You're doing something amazing and wonderful by caregiving, but that certainly doesn't make it easy. Remind yourself that you're human and you're doing the best you can.

Caring for a Caregiver

Be a safe space. Listen to the weary caregiver without offering trite advice.

Offer to run errands for a caregiver. Tell them when you're going grocery shopping and offer to pick them up some food.

Gas up the car. With permission from the caregiver, take their vehicle and refill the tank, so they have one less thing to worry about.

Drop off meals when possible. Unless the caregiver and patient have special diets, bring by an extra meal or two each week.

Invite the caregiver out. Many caregivers are lonely and in need of regular social interaction.

Sit with the patient for an hour or two. Let the caregiver spend this time doing tasks they enjoy or getting in a nap.

Be an encouragement. Show the caregiver support by encouraging and uplifting them on days they feel down.

God Gives Rest

Caregiving is difficult and overwhelming. But you are not alone. God gives rest to His beloved children. He wraps you in His embrace and holds you close on the bad days.

The LORD replied, "My Presence will go with you, and I will give you rest." – Exodus 33:14