

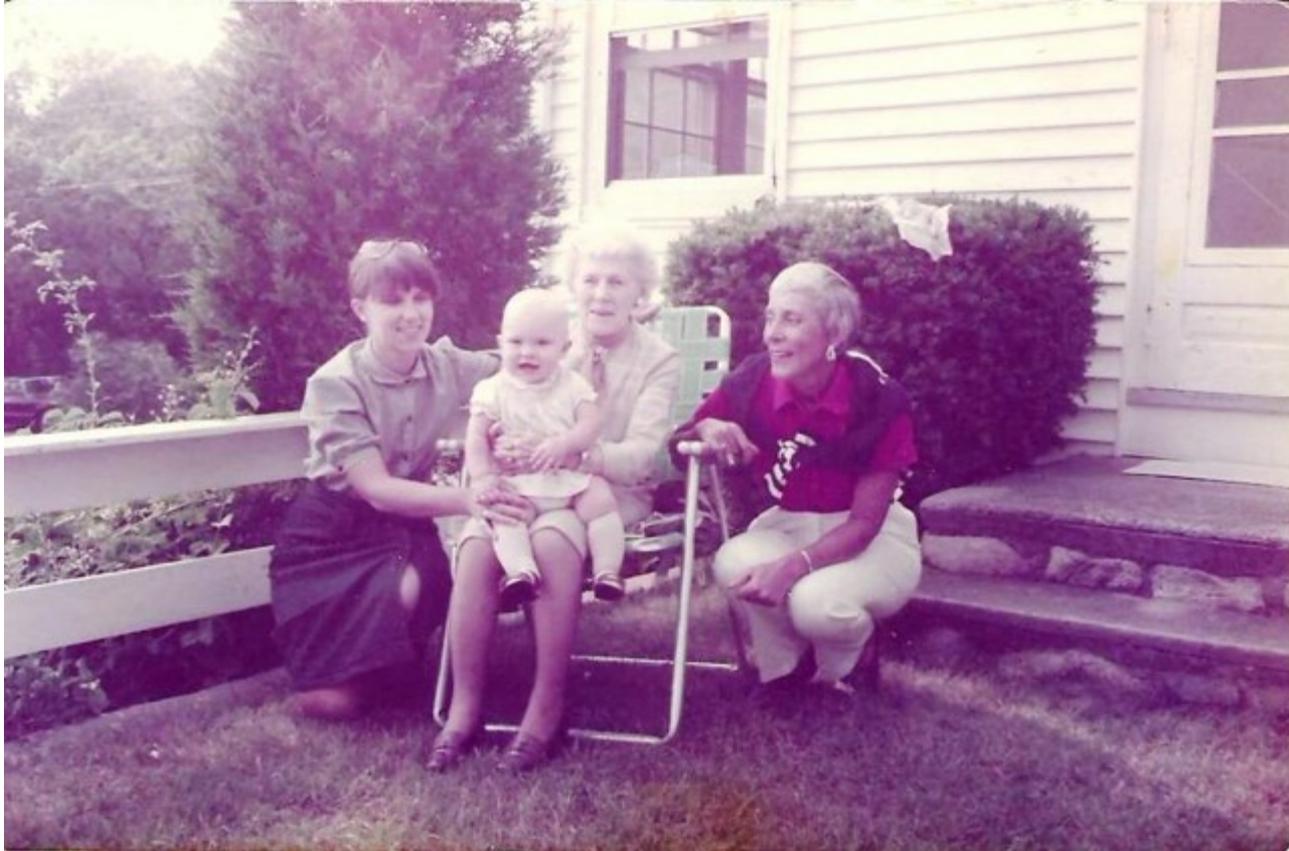
A Light in the Darkness:

A Respite Care Journey of Faith, Hope and Love



By Rev. Dr. Cynthia Huling Hummel
Alzheimer's Advocate, Author & Artist

Dedicated to my Mother Claire Matthews Huling



Objectives

- Provide examples of ways that faith communities are doing respite care.
- Reflect on the benefits of respite care within and as an extension of the faith community.
- Identify benefits of partnering with another faith community to offer respite care.
- Share best practices and other innovative ideas with one another.

A Nudge from God?



Exploring Options

- Start with your own congregation
- Learn from caregivers
- Consider extending current ministries to include a caregiving component.
- What are other groups doing? What are the unmet needs?



Drop-In Respite Care Programs



Caring at Home

Train volunteers to go into homes so that a care partner might be able to have some free time to run an errand, make an appointment or attend a special event.



Benefits to Faith-Based Respite Volunteers

- Volunteers report a deepening of their faith because of their experiences in providing care for neighbors in need.
- Faith-based respite care provides an opportunity for volunteers to live their faith in service and love without proselytizing.



Connecting with Other Faith Communities

Volunteers in faith-based respite care programs often forge connections with nearby neighbors of different faiths to work together on projects that benefit the community, and in doing so, build bridges of understanding



Faithful Friends Respite Care



Other Ways For Faith Communities To Get Involved ...



Offer a space for a caregiver support group and provide care (on-site or in-home) so that caregivers can participate.

Host Educational Events

Invite speakers from the medical community, the Office on Aging, and other organizations to speak at your congregation to your community about their programs and services.



Start an Arts Ministry



BUTTERFLY

Dr. Cynthia Huling Hammel

I have a butterfly tattoo on my left ankle I got in Hungary many years ago when I was visiting my daughter Emily who was living there at the time. The butterfly is a symbol of my faith. It is also a symbol of freedom and independence. And it is my hope that I can maintain my independence in the face of my diagnosis for as long as possible.



HAVE HOPE

Dr. Cynthia Huling Hammel

Yellow is such a hopeful color and I am hopeful for a therapy, a treatment & a cure for Alzheimer's & other dementias. In January, I will be starting year 8 of the ADONI clinical study. Alzheimer's Disease Neuro-Imaging. We are getting closer to the cure!

What about a Memory Choir?



Provide a Social Activity For Care Partners and/or Loved Ones



Provide a Transportation Ministry



Partner with other organizations

Participate in community activities that support Alzheimer's programs and services



Provide Spiritual Care

Provide a dementia-friendly worship experience which is experiential, flexible and mindful of sensory issues that are often present in those living with Alzheimer's or related dementias



Prayer and Care

Worship should include familiar elements: hymns, readings, prayers, liturgical practices, but may need to be scaled down or scaled back



Other Possibilities

- Benevolence Funding: Have special funds to pay for respite care services
- Adopt-a-family: matches volunteers to a specific family needing assistance
- Family Caregiver Cooperatives- trading hours of care
- Let's Share ideas and best practices

Go In Peace
to Love and Serve the Lord



Thanks Be To God!