

We are in the beginning phases of a ministry here at St. Stephen First Martyr Catholic Church. We are reaching out to those who are caring for an aging, ill or disabled family member. Our goal is to provide **information, contacts, resources** and **prayers** that will help the family caregiver. We understand that it is not always possible for caregivers to attend meetings and other church activities. It will not be necessary to join anything. But we will always have some events throughout the year that will give family caregivers an opportunity to meet and talk with others who understand the importance of the role of family caregiver. If you are a caregiver or know someone who is, please let us know. We would like to include you in our prayers and our outreach.

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God knows caregiving is hard. God knows caregiving is work. God alone knows all the particular circumstances and personality quirks, the baggage and hot buttons that can make taking care of another person hard work. And knowing all that, God has chosen you to play a central role in providing that care. Just as from the cross, Jesus asked St. John to take care of the Blessed Mother, God asks you to help take care of someone else He so deeply loves. When you are caught up in the many daily details and demands of caregiving, it's easy to overlook the spiritual side of what you have been called to do. Remember that what you are doing is a prayer and the path you and your loved one are taking is a spiritual pilgrimage.

#### **CATHOLIC CAREGIVERS**

*A program of the friends of St. John the Caregiver*  
CatholicCaregivers.com

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## **TLC**

### **Tender Loving Caregiving**

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*Resource and Support  
for  
Family Caregivers*

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St. Stephen First Martyr Catholic Church  
TLC Committee

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# Are **YOU** A Caregiver?

Self-identification as a caregiver is an essential first step toward overcoming the overwhelming responsibilities your role entails. Are you caring for a loved one who belongs to one of the categories below?

- ❖ People with disabilities
- ❖ People with mental illness
- ❖ People who are chronically ill
- ❖ Older persons who have difficulty coping with daily living
- ❖ People who are terminally ill or suffering from life limiting illnesses

If your answer is “yes” to any of the above, that makes you a caregiver. Caregiving involves time, commitment and sacrifice. While the role of a caregiver seems intimidating, you are not alone and there is always help and support available to walk you through the journey.



## Only Another **Caregiver** Understands

*...that going to the grocery store is like a mini-vacation*

*...what “running on empty” really means*

*...the resentment, frustration, love, loneliness, anxiety and fear*

*...how much you feel depended upon*