



Ministry Module

Ministry Modules are intended for use with the Leader's Guide. Appendices and Resources referenced in modules can be found within the Guide.

Friends



This Mission Module is provided through a Partnership with Aging with Significance, of the Women's Missionary Union of Virginia and the Virginia Baptist Union Board; and Caregiving Ministries, a division of FamilyCare America, Inc.





Ministry Module Friends

Purpose

Members often feel isolated due to lack of independence and mobilization. The mission of the Friends Ministry Team is to provide companionship and personal support to members and their families.

Goals

- To provide regular personal contacts with members and their families, strengthening the bond with the church in companion relationships.
- To provide a useful outlet for caregivers to have a safe and confidential place for exploring problems and joys related to their role through Caregiver Support Groups.
- To decrease stress among caregivers through respite and resource information.

Objectives

- To have an organized system of trained volunteers who will be contact links for the church.
- To offer brief respite for caregivers as a ministry of "giving them a break."
- To offer support groups to meet the needs of caregivers.
- To provide educational materials to members and families regarding issues pertaining to their particular needs.

Parameters and Limitations

The Friends Ministry **does not**:

- provide personal care (bathing, transferring, toileting, cleaning) for members.
- replace agencies that provide in-depth personal or respite care.
- provide extended respite care which could put the volunteer and recipient at risk.
- take the place of respite assistance from available family members.



Ministry Module Friends

The Friends Ministry **does:**

- offer companionship to members and their families.
- offer brief (not more than two hours) respite.
- offer support groups for families/caregivers.
- make members and families aware of resources available to them.

SUGGESTED PROCESS FOR THIS MINISTRY

1. Inform the church as to the needs this ministry is designed to meet, educating about the Friends Ministry Team, its purpose, and parameters.
2. Survey the church for individuals and groups who are willing and able to become a part of the Friends Ministry Team.
(See Appendix A.)
3. Provide training to volunteers
4. Assess members by working with individuals and their families to determine needs and ways the Friends Ministry Team and family can cooperate to meet those needs. (See Assessment at the end of this section.)
5. Organize a list of individual as well as group volunteers whose gifts are:
 - visitation
 - telephone contacts
 - brief respite care
 - support group leader
 - resource coordinator (educational materials, community resources, etc.)



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6. Match volunteers with needs found.
7. When providing brief respite, make sure the caregiver understands the time limit. The volunteer does not want to be put in the position of providing personal care needs for the member. This could put the volunteer and the recipient at risk.
8. Develop and lead a Caregiver's Support Group:
 - Determine time and place
 - Invite interested caregivers
 - Have one person serve as a facilitator to encourage persons to share as they choose and to encourage members to take responsibility for him/herself and others
 - Provide guidelines for safety and confidentiality (i.e., what is shared in the group remains in the group)
 - Encourage networking of caregivers
9. Develop the resource aspect of this ministry by keeping an updated list of community resources and literature for volunteers and families.
10. Keep a calendar for volunteers to record visits, respite provided, and support group meetings. This is a tool to prevent overlooking anyone.
11. Schedule regular meetings for volunteers to:
 - increase knowledge of aging issues and disease processes through in-service training
 - provide support to each other
 - discuss and work out problems with the Friends Ministry Team
12. Periodically evaluate the ministry. (See Evaluation Tool, p. 19, Administrative Guide.)



Ministry Module Friends

Resources

- Area Agency on Aging
- Department for Social Services (DSS) companion program
- Community-based Care through DSS
- Community Mental Health
- United Way
- Private Agencies



FRIENDS ASSESSMENT

Basic information

1. Name: _____ Birthday: _____
 2. Primary Caregiver: _____
 3. If Widowed, Date of Spouse's Death: _____
 4. Family and/or Supportive Friends who live in the area: (name and phone) _____
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Visitation/ Telephone Contact/Companionship Needs

5. To what church groups do you belong? _____
6. Who from the church already visits you? _____
7. Would you like regular visits from a church volunteer? Yes___ No___
8. What would be a good day and time to visit? _____
9. Would you like regular telephone contact from a church volunteer? Yes___ No___ When?

Primary Caregiver Needs

10. Who comes around to give you break? _____
11. Do you need extra help? Yes___ No___ If so, when? _____

(If significant help is needed for respite, or the caregiver is not able to give all the care required, he or she could be eligible for community resources that provide respite, or may have to consider alternatives such as hiring a sitter or placement.)



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13. Do you ever have loss of sleep or appetite? Yes___ No___
14. Would you be interested in joining a support group for caregivers at church? Yes___ No___
15. Would you need respite care in order to attend a support group? Yes___ No___
16. Would you be interested in obtaining literature and resources to address your needs as a caregiver? Yes___ No___