



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

Caregiver Sunday, 2012



Shelter From The Storm:

Helping Family Caregivers Plan
for Emergency Events



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

Table of Contents

2012 Caregiver Sunday- Shelter From The Storm: Helping Family Caregivers Plan for Emergency Events

- A Note from the Presbyterian Health Network
 - What Every Pastor, Faith Community Nurse, and Member Needs to Know: The Caregiving Crisis
 - Psalm 46, “God is our refuge and strength... “
- II. Especially for Family Caregivers
- Things to Consider
 - How Safe Is Your Community? A Disaster Risk Assessment
 - Prepare for Emergencies Now
 - My Neighborhood Resources
 - Caring for Yourself
- III. Practical Ways Your Congregation Can Help Family Caregivers
- Ways You Can Help
 - Sample Emergency Contact Form
 - Resources for Caregivers and Congregations
 - Presbyterian Health Network Team
- IV. Spiritual Care
- Worship Resources
 - Prayers and Scriptures for Caregivers

Thank you, Family Caregivers, for all you do!



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

A Note from the Presbyterian Health Network (PHN)

Disasters may occur in many shapes and sizes—from acts of nature, to outbreaks of disease or acts of human evil. No one is immune, not even caregivers. And no one likes to think about living through a disaster, especially family caregivers whose days are already crammed full with the concerns and responsibilities of day-to-day living.

This packet is not intended as the “be-all, end-all” resource for disaster preparedness. A great abundance of materials are available on this topic. In fact, there is so much information that it may be too time consuming and overwhelming for caregivers to review and select resources that could be helpful! So, in order to provide a starting place for caregivers, families, and faith community leaders to begin the conversation about physical, emotional, and spiritual safety in times of peril, selected tools and resources are offered that may help address the following questions:

- As a family caregiver for my spouse, parent, sibling, child or other loved one, what can I do for the person I care for and care about in case of disaster?
- As a family caregiver, what care do I need in order to be able to respond appropriately in case of a disaster?
- As a community of faith, what are our responsibilities to the caregivers in our congregation in times of disaster? How can we help them be prepared?



“God is our refuge and strength,
an ever-present help in trouble.”

Psalm 46: 1



Thank you, Family Caregivers, for all you do!



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

What Every Pastor, Faith Community Nurse, and Member Needs to Know



"The Caregiving Crisis" Identified as Second Most Important Health and Medical Issue

The National Family Caregivers Association reports that "The Caregiving Crisis" was identified as the second most important health and medical issue of the year at the TEDMED Conference in April 2012. TEDMED is an annual medical technology and healthcare conference that identifies the fifty greatest healthcare challenges facing the United States. A great challenge, says TEDMED, is a health-related problem that is big, complex, intractable, fundamental, and virtually permanent - or at least, likely to persist for decades. More about the National Family Caregivers Association and TEDMED:

www.thefamilycaregiver.org

www.tedmed.com/about-tedmed/what-is-tedmed



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

**“God is our refuge and strength,
an ever-present help in trouble.**



Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging.

The LORD Almighty is with us;
the God of Jacob is our fortress.”

Psalm 46: 1-3, 11 (NIV)





PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

Especially for Family Caregivers



- **Things to Consider**
- **How Safe Is Your Community?**
- **To Help You Prepare**
- **My Neighborhood Resources**
- **Caring for Yourself**

Thank you, Family Caregivers, for all you do!



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

Things to Consider

As you begin to plan for possible disaster events, here are some things to think about and discuss with the person you are caring for, your family, and church family. These topics, along with other parts of this packet, would be a good church school, small group, or older adult group study. Remember, what we believe about God affects the life choices we make! Verbalizing our concerns and fears and planning ahead will reduce the stress of daily caregiving as well as caregiving in the midst of a disaster.

- **What kinds of disasters might I really face?** Jesus said in Matthew 6, “Can any one of you by worrying add a single hour to your life?” Do the “How Safe is Your Community?” assessment so you can let go of a few worries!
- **How will my family communicate if we are not together when a disaster strikes?** What is my plan if telephone/cell phone service is disrupted?
- **Where will we meet if we are separated during a disaster?** Discuss a neighborhood location and a more distant meeting place if a disaster impacts you and the person you are caring for.
- **Am I willing to evacuate when necessary?** What might keep me from leaving my home?
- **How comfortable and safe do I want to be?**
- **What helpful resources are located in my own neighborhood?** Fill out “My Neighborhood Resources” and put it on your refrigerator.
- **Do I feel I can handle a disaster situation myself?**
- **Do I have family, friends, or neighbors who will help me?**
- **Can I rely on my church family to support and help me?**
- **Am I willing to ask for help?**

Thank you, Family Caregivers, for all you do!

How Safe Is Your Community? Disaster Risk Assessment

How would you rate the probability of the following events occurring in your community within the next 10 years? Rate them in terms of the following five-point scale by circling the appropriate number:

1—Not Probable 2—Low Probability 3—Moderate Probability 4—High Probability 5—Nearly Certain

Avalanche	1	2	3	4	5
Blizzard or Massive Snowstorm	1	2	3	4	5
Chemical Contamination or Spill	1	2	3	4	5
Dam Break	1	2	3	4	5
Drought	1	2	3	4	5
Earthquake	1	2	3	4	5
Electric Power Blackout	1	2	3	4	5
Epidemic	1	2	3	4	5
Extreme Cold	1	2	3	4	5
Flash Flood	1	2	3	4	5
Forest/Brush/Wild Fire	1	2	3	4	5
Hurricane	1	2	3	4	5
Ice Storm	1	2	3	4	5
Major Frost and Freeze	1	2	3	4	5
Major Gas Main Break	1	2	3	4	5
Meteorite Fall	1	2	3	4	5
Mine Disaster	1	2	3	4	5
Mudslide/Landslide	1	2	3	4	5
Oil Spill	1	2	3	4	5
Pipeline Explosion	1	2	3	4	5
Plane Crash	1	2	3	4	5
Radiation Fallout	1	2	3	4	5
River Flood	1	2	3	4	5
Sand/Dust Storm	1	2	3	4	5
Severe Fog Episode	1	2	3	4	5
Ship Disaster in Harbor/Nearby Coast	1	2	3	4	5
Smog Episode	1	2	3	4	5
Sudden Waste Disposal Problem	1	2	3	4	5
Tornado	1	2	3	4	5
Toxic Landfill	1	2	3	4	5
Train Derailment	1	2	3	4	5
Tsunami or Tidal Wave	1	2	3	4	5
Volcanic Eruption or Fallout	1	2	3	4	5
Water Pollution	1	2	3	4	5
Water Shortage	1	2	3	4	5

From: <http://cwserp.fatcow.com/cwserp/PreparetoCare2009comp.pdf>

Prepare to Care: Basic Disaster Ministry for Your Congregation, Page 19
 Church World Service, Emergency Response Program
 475 Riverside Drive (Suite 700)
 New York, NY 10115

Telephone: (212) 870-3151 Fax: (212) 870-2236

1. Get a Kit of emergency supplies.

Be prepared to improvise and use what you have on hand to make it on your own for **at least three days**, maybe longer. While there are many things that might make you more comfortable, think first about fresh water, food and clean air.

Recommended Supplies to Include in a Basic Kit:

- ✓ **Water:** one gallon per person per day, for drinking and sanitation
- ✓ **Non-perishable food:** at least a three-day supply
- ✓ Battery-powered or hand crank **radio** and a NOAA Weather Radio with tone alert and extra batteries for both
- ✓ **Flashlight** and **extra batteries**
- ✓ **First aid kit**
- ✓ **Whistle** to signal for help
- ✓ **Filter mask** or cotton t-shirt, to help filter the air
- ✓ **Moist towelettes, garbage bags** and **plastic ties** for personal sanitation
- ✓ **Wrench** or **pliers** to turn off utilities
- ✓ **Manual can opener** if kit contains canned food
- ✓ **Plastic Sheeting** and **duct tape** to shelter-in-place
- ✓ **Important family documents**
- ✓ **Items for unique family needs,** such as daily prescription medications, infant formula, diapers or pet food



Include Medications and Medical Supplies: If you take medicine or use a medical treatment on a daily basis, be sure you have what you need on hand to make it on your own for at least a week and keep a copy of your prescriptions as well as dosage or treatment information. If it is not possible to have a week-long supply of medicines and supplies, keep as much as possible on hand and talk to your pharmacist or doctor about what else you should do to prepare. If you undergo routine treatments administered by a clinic or hospital, or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers within your area and other areas you might evacuate to.

Include Emergency Documents: Include copies of important documents in your emergency supply kits such as family records, medical records, wills, deeds, social security number, charge and bank accounts information, and tax records. It is best to keep these documents in a waterproof container. If there is any information related to operating equipment or life-saving devices that you rely on, include those in your emergency kit as well. If you have a communication disability, make sure your emergency information list notes the best way to communicate with you. Also be sure you have cash or travelers checks in your kits in case you need to purchase supplies.

Additional Items: If you use eyeglass, hearing aids and hearing aid batteries, wheelchair batteries or oxygen, be sure you always have extras in your kit. Also have copies of your medical insurance, Medicare and Medicaid cards readily available. If you have a service animal, be sure to include food, water, collar with ID tag, medical records and other emergency pet supplies.

Consider two kits. In one, put everything you will need to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you have to get away.

2. Make a Plan for what you will do in an emergency.

The reality of a disaster situation is that you will likely not have access to everyday conveniences. To plan in advance, think through the details of your everyday life.

Develop a Family Emergency Plan. Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. **Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency.** It may be easier to make a long-distance phone call than to call across town, so an **out-of-town contact** may be in a better position to communicate among separated family members. Depending on your circumstances and the nature of the attack, the first important decision is whether you stay put or get away. You should understand and plan for both possibilities. **Watch television and listen to the radio for official instructions as they become available.**

Create a Personal Support Network: If you anticipate needing assistance during a disaster, **ask family, friends and others to be part of your plan.** Share each aspect of your emergency plan with everyone in your group, including a friend or relative in another area who would not be impacted by the same emergency who can help if necessary. Include the names and numbers of everyone in your personal support network, as well as your medical providers in your emergency supply kit. Make sure that someone in your personal support network has an extra key to your home and knows where you keep your emergency supplies. If you use a wheelchair or other medical equipment, show friends how to use these devices so they can move you if necessary and teach them how to use any lifesaving equipment or administer medicine in case of an emergency. Practice your plan with those who have agreed to be part of your personal support network.

Inform your employer and co-workers about your disability and let them know specifically what assistance you will need in an emergency. Talk about communication difficulties, physical limitations, equipment instructions and medication procedures. Always participate in trainings and emergency drills offered by your employer.

Create a Plan to Shelter-in-Place: There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as sheltering-in-place and sealing the room can be a matter of survival. **If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to shelter-in-place and seal the room. Consider precutting plastic sheeting to seal windows, doors and air vents.** Each piece should be several inches larger than the space you want to cover so that you can duct tape it flat against the wall. Label each piece with the location of where it fits. Immediately turn off air conditioning, forced air heating systems, exhaust fans and clothes dryers. Take your emergency supplies and go into the room you have designated. Seal all windows, doors and vents. Understand that sealing the room is a temporary measure to create a barrier between you and contaminated air. **Listen to the radio** for instructions from local emergency management officials.

Create a Plan to Get Away: Plan in advance how you will assemble your family and anticipate where you will go. **Choose several destinations in different directions** so you have options in an emergency. **Become familiar with alternate routes as well as other means of transportation** out of your area. If you do not have a car, plan how you will leave if you have to. If you typically rely on elevators, have a back-up plan in case they are not working. **Talk to your neighbors about how you can work together.**

Consider Your Service Animal or Pets: Whether you decide to stay put or evacuate, you will need to make plans in advance for your service animal and pets. Keep in mind that what's best for you is typically what's best for your animals. If you must evacuate, take your pets with you, if possible. However, if you are going to a public shelter, make sure that they allow pets. Some only allow service animals.

Fire Safety: Plan two ways out of every room in case of fire. Check for items such as bookcases, hanging pictures or overhead lights that could fall and block an escape path.

Contact Your Local Emergency Information Management Office: Some local emergency management offices maintain registers of people with disabilities and other special needs so you can be located and assisted quickly in a disaster. Contact your local emergency management agency to see if these services exist where you live. In addition, wearing medical alert tags or bracelets that identify your special needs can be a crucial aid in an emergency situation.

3. Be Informed about what might happen.

Some of the things you can do to prepare for the unexpected, such as assembling an emergency supply kit and making an emergency plan are the same regardless of the type of emergency. However, it's important to stay informed about what might happen and know what types of emergencies are likely to affect your region. Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. Above all, stay calm, be patient and think before you act.



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

My Neighborhood Resources

It is important to know the available resources right in your own neighborhood—not just in the event of a disaster, but also for the daily challenges you face as a caregiver. Fill out this information sheet and post it on your refrigerator for quick reference.

Nearest Facility	Address	Phone Number
-------------------------	----------------	---------------------

Fire Station

Police Station

Urgent Care Facility

Rescue Squad/Ambulance

Hospital

Pharmacy

Neighbors You Can Call

- 1.
- 2.

**Amateur or Hobby Radio
Operator**

Your Church

Special Needs Shelter**



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

Other Helpful Ideas for Caregivers and Neighbors

- Exchange house keys and contact information with at least one neighbor.
- Work with your neighbors to compile the following information for the safety and wellbeing of all:
 - ✓ A list of neighbors with resources that can be shared—tools, pet carriers, wheelchairs, snow removal equipment, generators, pickup trucks, etc.
 - ✓ A list of individuals and pets living in each home.
 - ✓ Where the nearest pay phone is located - there still are some. (Keep a roll of quarters on hand!)

A **Special Needs Shelter is designed to offer more comprehensive service to individuals living with disabilities. These shelters have a registered nurse on staff and have a limited number of medications available. The shelter coordinates with local aging and health agencies to be able to provide some services through these agencies. If available, a Special Needs Shelter is the best choice for an individual who cannot function independently. Not all communities have a designated Special Needs Shelter. Contact your local Area Agency on Aging or Emergency Management office to get information.

Thank you, Family Caregivers, for all you do!



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

Caring For Yourself: A Gift To Those You Love

- Keep your immunizations up-to-date.
- Obtain a Medical ID for Caregivers. If you were hurt and could not speak, who would know to help your loved one? If you were wearing a specially designed “I am a family caregiver” bracelet, pendant or dog tag, the answer is EVERYONE. American Medical ID and the National Family Caregivers Association are partnering to promote the use of medical identification jewelry for family caregivers because it provides freedom for caregivers who want confidence that their family member's health will be attended to in the event they are unable to do so.
<http://www.americanmedical-id.com/extras/nfca.php>
- Register for/Search the **Safe and Well Listings** provided by the American Red Cross. Disasters often make it difficult to stay in touch with loved ones. The [Safe and Well website](#) is a central location for people in disaster areas in the United States to register their current status, and for their loved ones to access that information. It helps provide displaced families with relief and comfort during a stressful time. [Safe and Well](#) is available 24 hours a day, 365 days a year and is accessible in both English and Spanish. Check it out at:
<http://www.redcross.org/find-help/contact-family/register-safe-listing>
- Remember, it is important every day, even in the midst of chaos, to take a moment to breathe deeply. Breathe in God’s love and comfort for you. Breathe out your love and peace into the world.

“If we do not allow for a rhythm of rest in our overly busy lives, illness becomes our Sabbath—our pneumonia, our cancer, our heart attack, our accidents create Sabbath for us.” Wayne Mueller

Thank you, Family Caregivers, for all you do!



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

Practical Ways Your Congregation Can Help



"...a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all...have the potential to turn a life around." Leo Buscaglia

- **Ways You Can Help**
- **Emergency Contact Form**
- **Resources for Caregivers and Congregations**
- **Presbyterian Health Network Team**



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

Practical Ways You Can Help Family Caregivers

Reprinted/adapted from: *A Guide for Congregations and Parishes* by permission of the National Family Caregivers Association, Kensington, MD, the nation's leading organization for all family caregivers. 1-800-896-3650; www.thefamilycaregiver.org

- **Be a truly "Caring Congregation."** Survey the caregiving families in your community. Identify the help they need most - transportation, respite, help with insurance or other paperwork, household support, regular meals, guidance on end-of-life issues. Organize a volunteer network to respond to the needs most frequently cited.
- **Establish a family caregiver support network or buddy system.** Introduce caregivers in the congregation to one another. Provide them with the opportunity to support and learn from each other by giving them meeting space within the church or synagogue or by putting together a caregiver phone or email list. Provide a trained leader or a pastoral counselor for the group.
- **Sponsor a healthcare equipment loan program.** Home care equipment can be expensive. Some congregants/parishioners may have canes, wheelchairs, commodes, or other supplies or equipment they no longer need and will be happy to loan or donate to others. Publish a list of available equipment and who to contact in order to get it.
- **Honor your family caregivers** with an event that recognizes their contributions and provides them with the opportunity to have some fun, such as a special dinner or an outing, and be sure to include respite care as part of the event for those who need it.
- **Provide educational programs and/or materials on end-of-life planning.** Death and dying may be natural parts of life, but they are not issues most of us are comfortable talking about. You can help your congregants/parishioners and their families by helping them prepare for the end of life by: providing information on powers of attorney, living wills and other advance directives; developing a list of area professionals (elder care attorneys, geriatric care managers, financial planners) who can help families in time of need; encouraging families to create a living legacy with a scrapbook or video that captures the memories and stories of elders before it is too late.



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

- **Compile a list of local resources** so that families in caregiving situations will know where to turn for help. The list can include government agencies, local home care agencies, medical equipment suppliers, hospices, assisted living communities, nearby senior centers and adult day care facilities, taxi services that have wheelchair accessible vehicles, pharmacies that deliver, and more.
- **Establish an intentional congregational health ministry (parish nurse program) to minister to the needs of your congregation.** As part of the program, recruit volunteers from the congregation to serve as support caregivers who are willing to provide respite for caregivers and a friendly visit to care recipients. Consider organizing all of the suggestions above under the auspices of the health ministry for a truly comprehensive program. To learn more about health ministry:

<http://www.phewacommunity.org/phnhealthnetwork.html>

<http://www.presbyterianmission.org/ministries/phewa/presbyterian-health-network/>

Other Ministries to Support and Celebrate Caregivers

- Contact **Presbyterian Disaster Assistance** for preparation and training for your congregation.
<http://www.presbyterianmission.org/ministries/pda/>
- Have each member of your congregation fill out an **Emergency Contact Information Form**. Keep one copy at the church where only designated people can retrieve it if needed—pastor, parish nurse, deacon/elder/head usher. Give copies to each member to keep with important papers at home and share with family. A sample form is included in this packet.

Get Connected! Learn what other congregations are doing by signing up for the **Presbyterian Health Network's Wellness Connection**, an on-line directory of congregations involved in health-related ministries. The directory helps identify congregations who are striving to live out, sustain, and promote health and wellness within the life of their congregations and communities.

<http://www.presbyterianmission.org/ministries/phewa/pcusa-congregational-health-related-ministry-direc/>



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

2.

- Provide **Home Visitation** on a regular basis for family caregivers and their loved one by trained congregational volunteers on regular basis. This helps to keep the family connected to the church and helps the pastor and parish nurse know what the needs of the family might be.
- Create a **RSVP Team, Respond Swiftly to Vulnerable Population Team**, to identify vulnerable members of your congregation and help them fill out **emergency contact information forms** for the church and their closest family members, along with a plan of action for their safety.
- Send a card of **appreciation** or a bouquet of flowers to brighten up a family caregiver's day.
- Help a family caregiver **decorate** their home for the holidays or offer to address envelopes for their holiday cards.
- Offer to **prepare Thanksgiving dinner** for a caregiving family in your congregation so they can just relax and enjoy the holiday.
- **Train family caregivers and others** in your congregation in first aid, fire extinguisher use, and infection control.
- **Invite family caregivers to participate in a prayer chain** for other caregivers in the congregation. This may help them feel more connected to the congregation as many caregivers are not able to attend services due to their responsibilities.

"Each smile a hymn, each kindly deed a prayer."

John Greenleaf Whittier, 1807-1892

Thank you, Family Caregivers, for all you do!

3.



YOUR EMERGENCY CONTACT INFORMATION

Who should we contact if an emergency occurs for you at the church or in the time of a community emergency? Your emergency contact information will be kept in a confidential file at the church to use should an emergency occur. It is a good idea to carry a copy of your Emergency Contact Information in your purse or wallet. You can post a copy on your refrigerator or other prominent place in your home.

Your Name: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Birth Date: _____ Blood Type: _____

Emergency Contacts:

Name	Relationship	Phone	Address
1.			
2.			
3.			
4.			

The church where your family can be reached on Sunday: _____

Preferred Hospital: _____

Primary Care Physician: _____

Health Insurance Information: _____

Advance Directives Location: _____

Allergies (medications/food/environmental) _____

Health Concerns: _____

Attach Medication and Immunizations Records (for easy update)



Disaster Planning Resources for Caregivers and Congregations

A Faith Community Preparedness Guide

This comprehensive guide was created by Pat Welsh, RN, MSN, FCN, member of PHEWA's Presbyterian Health Network (PHN) Leadership Team, Faith Community Nurse at Anchorage Presbyterian Church, and Norton Healthcare Office of Church and Health Ministries, Louisville KY. It may be obtained by contacting:

Patricia D. Welsh, R.N., MSN, FCN
Health Ministries Coordinator
Office of Church and Health Ministries
Norton Healthcare
315 E. Broadway, Suite 114
Louisville, Ky 40202
pat.welsh@nortonhealthcare.org
502-629-2702
502-629-2099 Fax

Community Arise: A Disaster Ministry Curriculum

www.communityarise.com/index.htm

Community Arise is a groundbreaking program that brings major faith community domestic disaster training under a common umbrella curriculum. It is appropriate for a wide range of audiences: potential volunteers; faith-based and secular community groups; disaster response groups (long-term recovery, pre-disaster planning, or immediate post disaster); and denominational and community decision-makers.

Just In Case, Emergency Readiness for Older Adults and Caregivers

www.aginginstride.org/emergencyprep/docs/Just_in_Case.pdf

Just in Case is a free, downloadable, 12 page booklet addressing personal emergency readiness needs as a priority for everyone, including older adults and caregivers. It is a great resource to give members of your congregation. From the National Family Caregiver Support Program of the U.S. Department of Health and Human Services Administration on Aging.



PRESBYTERIAN HEALTH NETWORK

Toll-free phone (888) 728-7228 ext. 5800 or (602) 796-7477

Website: <http://www.phewacomunity.org/> and <http://www.pcusa.org/phewa/phn>

National Caregivers Library—Disaster Planning

www.caregiverslibrary.org/caregiving-ministries/ministry-home/disaster-preparation-for-caregivers-article.aspx

“Day-to-day coping is challenging enough – dealing with a disaster as well can be devastating for everyone. Planning ahead can make all the difference. The goal as a caregiver is to identify potential challenges and take the steps necessary to guard against, and prepare for disasters, in order to reduce confusion and disruption that can distress and alarm family members requiring caregiving assistance.” Caregivers resources for disaster planning.

National Family Caregivers Association

<http://www.nfcacares.org/>

10400 Connecticut Avenue, Suite 500

Kensington, MD 20895-3944

Toll Free: 1-800-896-3650

Phone: 301-942-6430

Fax: 301-942-2302

General E-mail: info@thefamilycaregiver.org

www.nfcacares.org/caregiving_resources/tips_and_tools.cfm has easy to use tips and how-to guides for family caregivers, faith community nurses, and pastors.

Prepare to Care: Basic Disaster Ministry for Your Congregation

<http://cwserp.fatcow.com/cwserp/PreparetoCare2009comp.pdf>

10th Edition copyright 2009. Permission is granted to freely copy this manual with credit given to Church World Service

Church World Service, Emergency Response Program

475 Riverside Drive (Suite 700)

New York, NY 10115

Telephone: (212) 870-3151 Fax: (212) 870-2236



Presbyterian Disaster Assistance

www.presbyterianmission.org/ministries/pda/disaster-preparedness-and-training-materials/

Presbyterian Disaster Assistance, a program of the Compassion, Peace and Justice Ministry of the Presbyterian Mission Agency enables congregations and mission partners of the Presbyterian Church (U.S.A) to witness to the healing love of Christ through caring for communities adversely affected by crisis and catastrophic events. They provide training and disaster preparedness for presbyteries and synods.

Shared Care Plan

www.improvingchroniccare.org/downloads/3.3_3.4_shared_care_plan.pdf

The Shared Care Plan is a free, easy-to-use Personal Health Record that lets you keep track of vital health information in case of an emergency. It can be completed on paper or electronically for ease of access for sharing vital information with your family, physicians and others.

Special Populations: Emergency and Disaster Preparedness

<http://sis.nlm.nih.gov/outreach/specialpopulationsanddisasters.html#a0>

The U.S. Department of Health and Human Services has a comprehensive list of resources for specific family caregiving situations, including children, people living with diabetes, people who are visually and/or hearing impaired, and pregnant women. Materials in several languages are available at this site.



**“I tell you the truth,
whatever you did for one of the least of these.,,
you did it for me.” Matthew 25: 40 (NIV)**



PRESBYTERIAN HEALTH NETWORK

Thank you, Family Caregivers, for all you do!

The Presbyterian Health Network (PHN)

www.phewacommunity.org/phnhealthnetwork.html

www.phewacommunity.org/phnhealthnetwork/congregationalresources.html

www.presbyterianmission.org/ministries/phewa/presbyterian-health-network/

PHN is one of ten volunteer grassroots ministry networks of the Presbyterian Health, Education & Welfare Association (PHEWA):

www.pcusa.org/phewa and www.phewacommunity.org/

PHN is the place for faith community nurses/parish nurses, health ministers, congregations, mid-councils, and all Presbyterians concerned with health & wholeness to connect for networking, mutual support, and resource sharing. Annual membership in PHN connects you to the PHEWA Community and shows tangible support for these concerns remaining a vital part of the PC(USA) national church witness.

To become a member of PHN and/or the other networks of PHEWA or to support these ministries financially, visit:

www.phewacommunity.org/images/PHEWA_membership_form.pdf and

www.phewacommunity.org/images/PHEWA_extra_giving_form.pdf



PRESBYTERIAN HEALTH NETWORK

PHN is a network of the Presbyterian Health, Education & Welfare Association (PHEWA)

An office of the Compassion, Peace & Justice Ministry, Presbyterian Mission Agency

Presbyterian Church (U.S.A.)

100 Witherspoon Street, Room 3228, Louisville, KY 40202-1396

Toll-free phone (888) 728-7228 ext. 5800 or (602) 796-7477

Website: www.phewacommunity.org/ and www.pcusa.org/phewa/phn

Presbyterian Health Network Team

“Sowing Seeds of Wellness in the Presbyterian Church (U.S.A.)”



www.phewacommunity.org

www.presbyterianmission.org/ministries/phewa/presbyterian-health-network

Lois Bazhaw, RN, FCN
Email: loisbazhaw@bellsouth.net
Presbytery of Salem

Deborah Carney, RN, FCN
Email: carneydeb@hotmail.com
Presbytery of Peace River

Rev. Donna B. Coffman, RN
Email: caresmin@verizon.net
Shenandoah Presbytery

Joanie Friend, BSN, RN, FCN
Email: jfriend@pobox.com
National Capital Presbytery

Jane Givens, RN, FCN, MAT
Email: jgivens@gmail.com
Presbytery of Lake Michigan

W. Daniel Hale, PH.D.
Email: whale5@jhmi.edu
Presbytery of Baltimore

Rev. Jeffrey A. Sumner
Email: sumnerj@aol.com
Central Florida Presbytery

Patti Shannon, RN, FCN
Email: shannon228@bellsouth.net
Savannah Presbytery

Ruth Syre MSN, RN, FCN
Email: ruth.syre@centrahealth.com
Presbytery of the Peaks

Beverly Taylor, BSN, BS, RN, FCN
Email: bevtaylor127@yahoo.com
Hudson River Presbytery

Patricia Welsh, RN, MSN, FCN
Email: pwelsh7@gmail.com
Mid-Kentucky Presbytery

Betty Yurkewitch, RN, FCN
Email: betty.yurkewitch@verizon.net
National Capital Presbytery

Rev. Trina Zelle
Email: phewainfo@gmail.com
National Organizer
Presbyterian Health, Education & Welfare
Association (PHEWA)

Susan Stack
Email: Susan.Stack@pcusa.org
Associate for PHEWA & Networking
Louisville, KY



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

Spiritual Care for Family Caregivers and Congregations



According to an Easter Seals study “Caregiving in Rural America,” 78% of rural, 71% of urban, 70% of suburban family caregivers turn to prayer as a means of support.

- Worship Resources
- Prayers & Scriptures for Family Caregivers

Worship Resources

- **Litanies, Prayers, Hymns, and Poems** are available from Presbyterian Disaster Assistance. There is a beautiful **Service of Pastoral Care** for families, couples, or individuals who have lost a home to earthquake, fire, flood, hurricane, tornado, or other disaster.
<http://www.presbyterianm /miniission.orgstries/pda/materials-worship/>
- **Planning worship in times of disaster including drought, wildfire, and floods.** Ideas and resources can be found on the website of the Evangelical Lutheran Church in America.
<http://www.elca.org/Growing-In-Faith/Worship.aspx>
- ***Light Our Way, A Guide for Spiritual Care in Times of Disaster***
This handbook guides disaster relief workers as they assist victims and as they recover from difficult response efforts, themselves. It covers basic concepts and types of spiritual care, long-term recovery, collaboration with mental and emotional health personnel, self-care for providers, and community resiliency and preparedness training. It offers strategies such as listening to a disaster victim tell their story, providing a religious ritual or vigil, offering food and shelter to relief workers, supplying "spontaneous generosity," and more. Available as a **free** PDF document for viewing and download in English or Spanish.
<http://www.nvoadstore.com/light-our-way.html>
- ***Spiritual Care: Bringing God's Peace To Disaster*** This document from Church World Service explores the nature of spiritual care as bringing God's peace to the chaos that characterizes disasters. It examines how spiritual and emotional care, differ. Download, along with other spiritual care materials, at:
<http://www.cwserp.org/id13.html>
- **November is National Caregivers Month.** Say a prayer during each service, not only for those who are sick, but also for their family caregivers. Family caregivers tend to be invisible and their contributions minimized or ignored.

Shelter in the Storm, Prayers and Scriptures for Caregivers

Gather appropriate prayers and scripture passages to create a spiritual support gift booklet for family caregivers in your congregation and community. Here are a few ideas to help you get started:



God is our refuge and strength,
an ever-present help in trouble.

Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging.

The LORD Almighty is with us;
the God of Jacob is our fortress.

Psalm 46: 1-3, 11 (NIV)



Jesus said,
"Come to me, all you who are weary and burdened,
and I will give you rest.
Take my yoke upon you and learn from me,
for I am gentle and humble in heart,
and you will find rest for your souls."

Matthew 11: 28-29



"...the Lord is faithful, and he will strengthen you and protect you..."
2 Thessalonians 3:3



May today there be peace within.

May you trust God
that you are *exactly*
where you are meant to be.

May you not forget the *infinite possibilities*
that are born of faith.

May you use those gifts that you have received
and pass on the love that has been given to you.

May you be *content*
knowing you are a *child of God*.

Let this presence settle into your *bones*,
and allow your soul the freedom to sing, dance, and love.

It is there for each and every one of us.

A Prayer from St. Therese of the Little Ways



Lord Jesus Christ,

you are for me medicine when I am sick;
you are my strength when I need help;
you are life itself when I fear death;
you are the way when I long for heaven;
you are light when all is dark;
you are my food when I need nourishment.

attributed to St. Ambrose of Milan (340–397)





PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)



God of all the times of our lives,
grant us just one day at a time—

Time enough today...

for joyous laughter to follow any tears;
for deep prayer and silence to dance together;
to help someone in need or distress;
to notice the beauty around us and give you praise for it;
to build a solid bridge to forgiveness;
to tear down a stubborn wall of resentment;
to hold loving friends in our arms;
to smile at a weary stranger;
to play with energetic children;
and to sing praises to you with loud adoration.

God of all the times of our lives, grant us this—
just one day at a time!

© Rev. Donna B. Coffman, 2011



“...blessed is the one who trusts in the LORD,
whose confidence is in him.
They will be like a tree planted by the water
that sends out its roots by the stream.
It does not fear when heat comes;
its leaves are always green.
It has no worries in a year of drought
and never fails to bear fruit.”

Jeremiah 17; 7-8





PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

“For I am convinced that neither death nor life,
neither angels nor demons,
neither the present nor the future,
nor any powers,
neither height nor depth,
nor anything else in all creation,
will be able to separate us from the love of God
that is in Christ Jesus our Lord.”

Romans 8: 38-39



I lie down this night with God,
And God will lie down with me ;

I lie down this night with Christ,
And Christ will lie down with me ;

I lie down this night with Spirit,
And the Spirit will lie down with me

God and Christ and the Spirit
Be lying down with me.

Found in Carmina Gadelica, an anthology of Celtic oral tradition collected by Alexander Carmichael (1832–1912) in the Highlands of Scotland and surrounding islands.



...God has said, “Never will I leave you; never will I forsake you.”

Hebrews 13:5