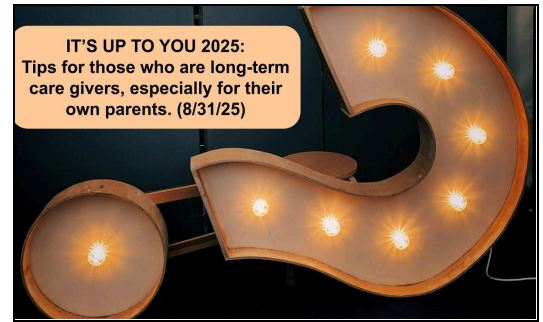


It's Up to You 2025 (Week 9) - Tips for those who are long-term care givers, especially for their own parents.

Yesterday's Sermon Summary

Our congregation, like most mainline denominations, has more older congregants than younger ones. As we age, we require more care. Hence, caregiving is important for us to consider at Kirkwood.



Your care for a loved one does not comprise the entirety of who you are. According to author Brenda Bos, God would use these words to describe you: Beloved. Child. Friend. Home.

Tips for Caregivers:

1. Gather a support team around you and have regular meetings.
2. Say YES to assistance and tell people specifically how they can help.
3. Research shows that the best caregiving is provided by those who take care of themselves and accept support.
4. Prayer and scripture can refill you when you are depleted.
5. God's blessing comes to you **through the one you are caring for**.
6. Caregiving is the concern of all of us at Kirkwood