

Prelude Ministries'

# **FAMILY SPIRITUAL CARE KIT**

**Prelude**  
Ministries 

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# RESOURCES



## BOOKS TO READ:

### THE 36 HOUR DAY

*by Nancy Mace and Peter Rabins*

A family guide to caring for persons with Alzheimer's disease, related dementia illnesses and memory loss later in life.

### LEARNING TO SPEAK ALZHEIMER'S

*by Joanne Coste*

A groundbreaking approach for everyone dealing with this disease.

### NO ACT OF LOVE IS EVER WASTED

*by Jane Thibault and Richard Morgan*

The spirituality of caring for persons with dementia.

### SECOND FORGETTING

*by Dr. Benjamin Mast*

Remembering the power of the gospel during Alzheimer's disease.

### FINDING GRACE IN THE FACE OF DEMENTIA

*by Dr. John Dunlap*

**MY TWO ELAINE'S:** *Learning, Coping, and Surviving as an Alzheimer's Caregiver*  
*by Martin J. Schreiber and Cathy Breitenbucher*

## SUPPORT RESOURCES ONLINE:

<https://teepasnow.com/resources/about-dementia/>

<https://www.alz.org/help-support/resources/care-training-resources>

## OTHER RESOURCES:

Receive your very own set of 7 Assorted Trumpet Call Encouragement Cards OR a set of 7 Trumpet Call Thank You Cards for any donation of \$50 or more!

Just go to the support page at [preludeminiistries.org](http://preludeminiistries.org) and select "Encouragement Cards" or "Thank You Cards" in the drop down menu in the donation form.



### ENCOURAGEMENT CARD SET\*

Each card includes a brief phrase and Scripture verse.

### THANK YOU CARD SET†

Each card includes Scripture from 1 Thessalonians 5:18.

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# FAMILY DYNAMICS

## UNDERSTANDING AND RESOLVING FAMILY CONFLICTS

As a Christian organization, we cling to the Word of God. That word tells us that **God works all things for good of those that love Him.** (Romans 8:28)

Really? How can that be in this instance? What good can come from this awful journey of dementia and watching a loved one slip from us and ultimately from this world? How can that be good?

One of the founding leaders of Prelude Ministries is Kent O'Grady. Now Pastor Kent to us, Pastor Kent was a former Commander of the Minnesota State Patrol and had previously described himself as a "non-believer" before recognizing Christ as his savior. Pastor Kent walked the talk having cared for his mother who had Alzheimer's for many years and shares this with us:

*"One of the best lessons that I learned in the Alzheimer's Disease journey was the role that grief and processing grief plays in the family dynamics."*

*"We are all grieving as we deal with "the long goodbye" of watching our loved one slip away from dementia. And we all grieve differently. Understanding that each family member handles this grief differently and that we need to support each other in this grieving process. We can best do that with Grace. God's grace that we extend to one another will help us stay close through this journey. We can come out of this trial stronger and better connected as a family, or we can come out of it broken and disconnected for the rest of our lives. The key is being deliberate and mindful in handling each other with Grace. The choice is ours."*

Pastor Kent O'Grady

**How about your family? Will this journey together be useful in bringing you together, or pulling one another apart? What choice will your family make?**

# RESOLVING CONFLICTS

Dealing with Alzheimer's can bring out many strong emotions. As the disease progresses, caregiving issues can often ignite or magnify family conflicts. The tips below can help families cope with the situation together.

## TIPS FOR FAMILIES

**Listen to each family member with respect.** Coping with a progressive illness, such as Alzheimer's, can be stressful — and not everyone reacts in the same way. Family members may have different opinions. Some relatives may deny what is happening; a long-distance relative may be resented for living far away; or there may be disagreement about financial and care decisions, especially at the end-of-life. These issues are complex and require ongoing discussions. Give everyone an opportunity to share their opinion and avoid blaming or attacking each other, as this will only cause more hurt.

**Discuss caregiving responsibilities.** Talk through caregiving roles and responsibilities. Make a list of tasks and include how much time, money and effort may be involved to complete them. Divide tasks according to the family member's preferences and abilities. Some family members may be hands-on caregivers, responding immediately to issues and organizing resources. Others may be more comfortable with being told to complete specific tasks. Consider setting up an online care calendar to coordinate helpers.

**Continue to talk.** Keep the lines of communication open. Schedule regular meetings or conference calls to keep everyone involved up-to-date. Discuss how things are working, reassess the needs of the person with Alzheimer's, and decide if any changes in responsibilities are needed. Plan for anticipated changes as the disease progresses.

**Cope with changes and loss together.** As Alzheimer's progresses and cognitive abilities change, it is normal to experience feelings of loss. Caregivers and family members may want to seek support from others who are dealing with similar situations. Attend a support group in your area or join our ALZConnected online community.

**Seek outside help.** If tensions and disagreements are ongoing, you may want to seek help from a trusted third party, such as a spiritual leader, mediator or counselor. Sometimes, an outside perspective can help everyone take a step back and work through the difficult issues.

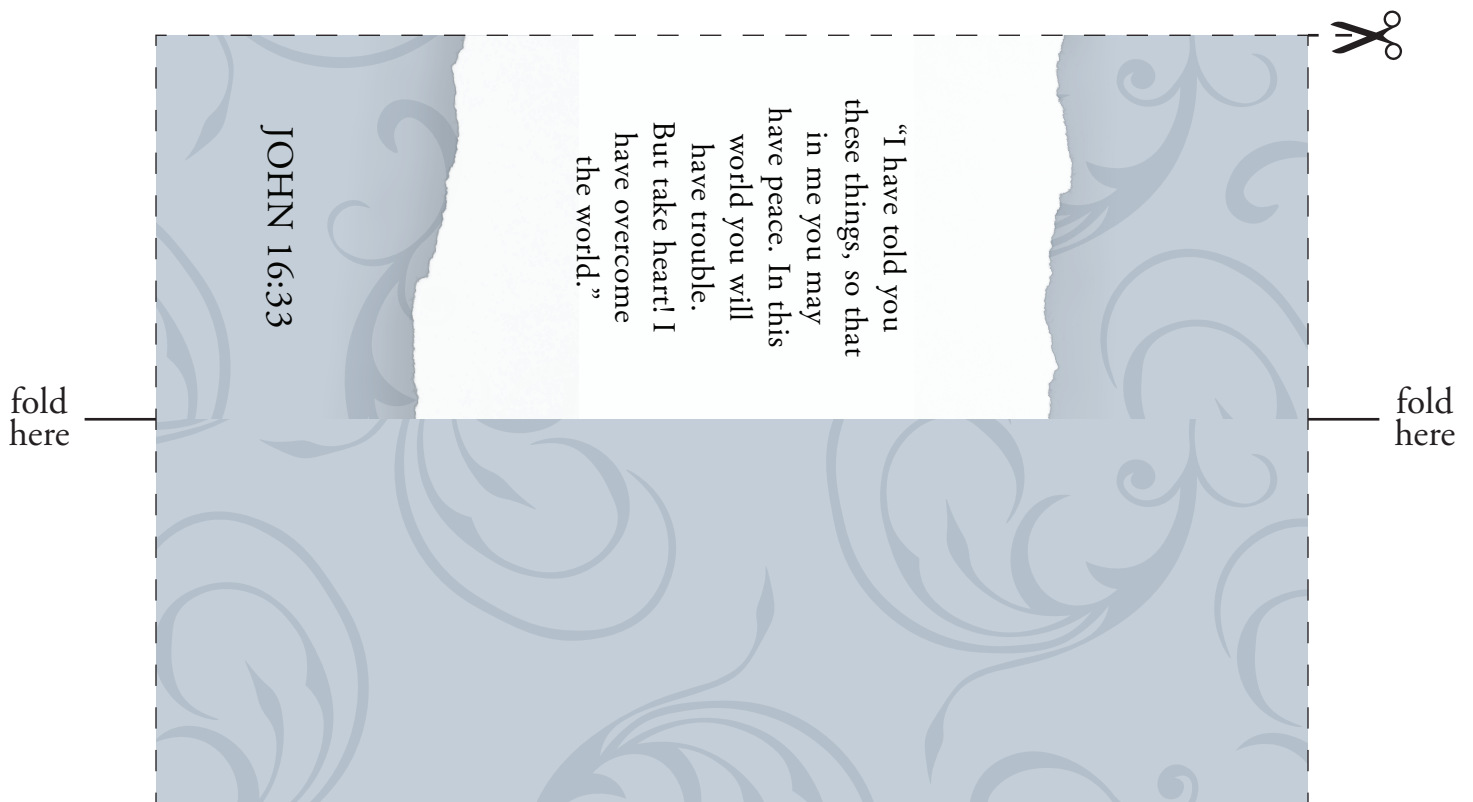
The Alzheimer's Association Helpline (800.272.3900) is staffed with care consultants who can help any time — day or night.

<https://www.alz.org/help-support/resources/resolving-family-conflicts>

**Your Prelude Ministries' Pastors are also eager and available to connect with you and your family.**

# BOOKMARKS

The following 3 bookmarks can be created by you! Simply print this sheet and the next, cut on the dotted line, fold in half and glue or tape to seal!







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here

“Humble yourselves,  
therefore, under  
God’s mighty hand,  
that He may lift  
you up in due  
time. Cast all your  
anxieties on Him,  
because he cares  
for you.”

1 PETER 5:6-7

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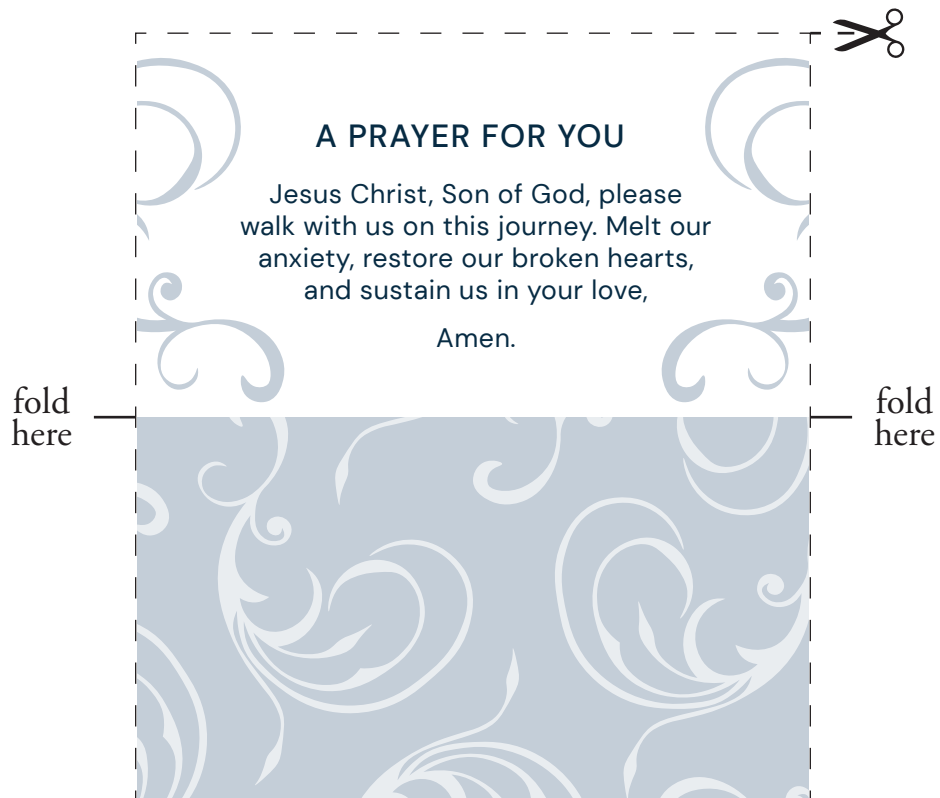
May the God of  
hope fill you with all  
joy and peace  
as you trust in Him,  
so that you may  
overflow with hope  
by the power of the  
Holy Spirit.”

ROMANS 15:13

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# PRAYER CARDS

The following 5 prayer cards can also be created by you at home! Simply print this sheet and the next, cut on the dotted lines, fold in half and glue or tape to seal!







### A PRAYER FOR YOU

Father, help me to accept this "new normal". While our life changes, help me to believe that YOU will never change. "Jesus Christ is the same yesterday, today, and forever,"

Amen.

### A PRAYER FOR YOU

Lord, you are merciful to me; equip me to offer my loved one the same mercy instead of frustration. Remind me daily of the mercy you demonstrated on the cross,

Amen.

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### A PRAYER FOR YOU

Heavenly Father, as we journey through this difficult season, we ask that your grace and mercy would be with us, and we would feel your peace and presence as we draw close to you and each other,

Amen.

### A PRAYER FOR YOU

God, my loved one feels useless, believing they are a burden to me. Please reassure them that they are valuable. I am honored to be part of this journey,

Amen.

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