



Friends of St. John the Caregiver

P.O. Box 320 • Mountlake Terrace, WA 98043 • 1-800-392-JOHN
www.FSJC.org • www.YourAgingParent.com • www.CatholicCaregivers.com

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Brochures, Checklists and Topics are also available on-line at YourAgingParent.com under "Topics" and/or at CatholicCaregivers.com under "Fliers." Videos can also be viewed at our YouTube channel: JohnTheCaregiver.

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Friends of St. John the Caregiver
P.O. Box 320
Mountlake Terrace, WA 98043

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MonicaDodds@YourAgingParent.com

Or call us at:

1-800-392-JOHN (5646)

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Friends of St. John the Caregiver

An international Catholic organization promoting care for family caregivers.

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Prayer Books

- ____ The Little Book of Caregiver Prayers
- ____ The Stations of the Cross for Caregivers

Holy Cards

- ____ St. John the Caregiver
- ____ Our Lady in Need
- ____ Caregiver's Prayer bookmark

*Brochures

- ____ The Basics of Catholic Caregiving
- ____ The Friends of St. John the Caregiver

*Checklists

- ____ Overall Assessment of Care-receiver
- ____ Assisted-Living Facility Evaluation
- ____ Nursing Home Evaluation
- ____ Legal and Financial Paperwork
- ____ Depression —and— Elder Abuse Information for Family Caregivers
- ____ Driving Skills
- ____ Home Safety

*Topics

- ____ The Stages of Caregiving
- ____ Alcoholism and Aging
- ____ Dealing with Caregiver and Care-receiver Anger

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- _____ Choosing the Best Solution
- _____ 'I Don't Want to Be a Burden'
- _____ Helping Your Parent Give Up the Car Keys
- _____ Challenges of Communication
- _____ Preparing Your Children to Visit Your Parent
- _____ In Case of an Emergency or Disaster
- _____ Exhaustion: Care for the Caregiver
- _____ Caregiving is a Family Affair
- _____ Your Parent's Generation
- _____ Your Parent's — Your Care-receiver's — Grief
- _____ Caregiver Grief: Sorting Out, Moving On, Remembering
- _____ Dealing with Caregiver Guilt
- _____ Independence, Control and Self-determination
- _____ Keeping Secrets, Telling Lies
- _____ If You Are a Long-distance Caregiver
- _____ Helping Your Loved One Deal with Losses
- _____ When You're Married to the Caregiver
- _____ Should Mom or Dad Move In?
- _____ When Mom or Dad Moves In
- _____ Not *My* Loved One
- _____ Choosing a Nursing Home
- _____ Guidelines for Caregiving
- _____ Finding Respite Care
- _____ Respectful Caregiving as the Parent-Child Roles Reverse
- _____ The 'Sandwich Generation'
- _____ Caregiving Stress: Warning Signs
- _____ The Need to Talk
- _____ When Your Loved One Has Poor Vision
- _____ Turning to Prayer
- _____ The Stations of the Cross for Caregivers
- _____ Celebrating Birthdays and Anniversaries
- _____ The Role of Spirituality in a Caregiver's Life
- _____ Returning to the Church
- _____ What Anointing of the Sick Is . . . and Isn't
- _____ Caring for Your Children as You Care for Your Aging Parents
- _____ Preventing Slips and Falls
- _____ How to Nourish Your Spiritual Life
- _____ Understanding Aging
- _____ Caring for an In-law or a Stepparent
- _____ When Professionals and Your Care-receiver Disagree — *and* — Always a Parent: Worries About Adult Children
- _____ At the Hospital
- _____ Encouraging Good Nutrition
- _____ Depression and Suicide
- _____ Helping Your Loved One Find Forgiveness and Peace
- _____ Taking Care of a Crabby or Formerly Abusive Parent
- _____ Problems with Mobility
- _____ The Need to Have Fun
- _____ Refereeing Fights Between Mom and Dad
- _____ Tips for the Caregiver and Care-receiver
- _____ Dementia and Alzheimer's Disease
- _____ The Danger of Isolation
- _____ Words That Sting, Words That Comfort
- _____ Talking to Your Children about Death
- _____ Dealing with Your Parent's Racial and Ethnic Prejudices
- _____ Your Care-receiver's Spiritual Health
- _____ Help for Men Who Are Family Caregivers
- _____ Promoting Leisure-Time Activities
- _____ The Sacrament of Reconciliation
- _____ Preparing for Your Loved One's Death
- _____ Saying Good-bye to the Family Home
- _____ The Beatitudes for Caregivers
- _____ God Knows

***Videos on DVD**

- _____ Catholic Caregiving, Volume 1
A Caregiver's Prayer; Caregiver Advice from St. Francis de Sales; Helping Your Loved One Give Up the Car Keys; Keeping Secrets, Telling Lies
- _____ Catholic Caregiving, Volume 2
Caregiving from a Care-receiver's Point of View (Independence/Interdependence; Dealing with Losses; "I Don't Want to Be a Burden"); Guidelines for Making Decisions; Stages of Caregiving; Principles of Catholic Caregiving

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